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ABSTRACT

This annotated bibliography was created to identify research-based information to assist social scientists, educators, and leaders in developing public policies and programs that enhance the health and well-being of the elderly in their communities and throughout the nation. It includes a compilation of 10 separate Pathfinders from the United States Department of Agriculture's National Agricultural Library and includes citations in the areas of: (1) adult children; (2) aging parents; (3) family caregiving; (4) family support networks; (5) grandparenting; (6) humor in later life; (7) intergenerational relationships; (8) living arrangements in later life; (9) pets and the elderly; and (10) sibling relationships in adulthood. Also included are lists of sources of additional information, organizations concerned with issues of aging, and reviewers who helped in the selection of materials to be included in the bibliography. (NB)

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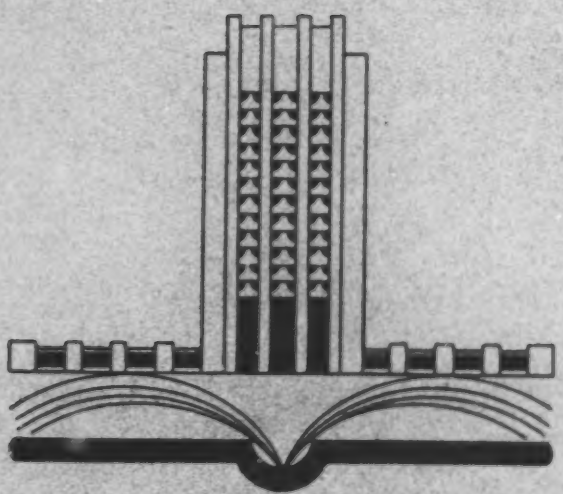

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SELECTED RESOURCES ON AGING:
AN ANNOTATED BIBLIOGRAPHY FOR RESEARCHERS AND EDUCATORS

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The authors express their appreciation to Sandra L. Facinoli, Technical Information Specialist, and the Information Centers Branch support staff at the National Agricultural Library for expediting the development and distribution of this series on aging.

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This bibliography represents the research conducted by Dr. Frazier during her 6-month sabbatical with the National Agricultural Library, U.S. Department of Agriculture. It is one of 3 publications that provides comprehensive coverage on several topics in gerontology.

Dr. Frazier earned degrees in family science from Sam Houston State University, Texas Woman's University, and Florida State University. She has held positions in academic departments at William and Mary, Auburn University, The University of Houston, and Sam Houston State University.

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INTRODUCTION

Over the past 100 years, the average life expectancy of people in the United States has increased by 25 years. This one factor is presently creating a record number of persons 65 years of age and older. By the year 2000, 13 percent of the population will be 65 years and older. By 2030, 21 percent of the population will be 65 and older. The age group expected to grow most rapidly in the next 30 years is 85 years and older.

Because of this dramatic societal change, people will continue to have many more years of life following retirement. This expanded period of life can be healthy and fulfilling. However, it also may be accompanied by the need for extended family support and increased community resources.

The objective of this annotated bibliography is to identify research-based information to assist social scientists, educators, and leaders develop public policies and programs that enhance the health and well-being of the elderly in their communities and throughout the Nation.

Selected Resources on Aging: An Annotated Bibliography for Researchers and Educators is a compilation of 10 separate PATHFINDERS which was originally developed to assist professional personnel from the National Agricultural Library with their information and referral services. It also was intended to provide state Cooperative Extension Service specialists with supplementary research for developing issue-based programs on "Responsibility for Dependent Elderly".

As the PATHFINDER project progressed, the authors realized that the aggregated, annotated, research-based information also would be appropriate for a much broader audience that includes students and professionals in a variety of disciplines and settings. The authors hope that this information will be helpful to the many individuals and groups that are working independently and collectively to support the vast majority of senior citizens who want to remain independent in their own homes for as long as possible.

ADULT CHILDREN

Middle-aged adult children are facing a three-pronged situation of rearing their own children, caring for and supporting their elderly parents, and attending to their own and their spouses' needs. These articles were selected to help readers better understand roles and relationships that adult children have with their aging parents and their families.

SELECTED BIBLIOGRAPHY

"Adult Children's Attachment and Helping Behavior To Elderly Parents: A Path Model," Victor G. Cicirelli. Journal of Marriage and the Family, 5(4):815-825, November 1983.

Based on attachment theory, a path model is constructed. Adult children's feelings of attachment lead to their attachment behaviors, and in turn to their present helping behaviors, and the commitment to provide future help to their elderly parents. Results from adult children and elderly mothers indicate that present helping behaviors, attachment behaviors, and feelings of attachment have the strongest influence on adult children's commitment to provide future help.

"Adult Children's Feelings Toward Their Aging Parents: A Comparative Study Between Anglo and Mexican-American Adult Children," Sandra Lynn Pacheco, Dissertation Abstracts International, 46/5:1410-1411, November 1985.

This research investigates whether Anglo and Mexican-American adult children behave and feel differently toward their aging parents. Results suggest that there are no differences in the way males and females behave and feel toward their mothers and fathers. However, the Mexican-American respondents live closer to their aging parents than Anglo respondents. Ethnic group differences are found in feelings of attachment for fathers, but not for mothers.

"Aging Parents and Adult Children: Research Themes in Intergenerational Relations," Jay A. Mancici and Rosemary Blieszner. Journal of Marriage and the Family, 51(2):275-290, May 1989.

Dominant themes representing the relationships of older parents and their adult children are discussed. Themes pertaining to roles and responsibilities, parent-child interaction, individual

well-being, relationship quality, and caregiving by adult children are discussed within the context of societal age structure changes.

"Aging Parent/Mature Child Relationships," Betsy B. Houser and Sherry L. Berkman. Journal of Marriage and the Family, 46(2):295-299, May 1984.

Personal interviews are conducted to identify factors contributing to mother's satisfaction with filial relationships. Satisfaction with filial relationship is found to be related primarily to satisfaction with quality of contact with children, and secondarily to children's potential filial behavior and mother's satisfaction with quantity of contact with children. This research suggests that perceived inequities in what either the parent or child contribute to the relationship results in dissatisfaction.

The Etiology of Elder Abuse by Adult Offspring, Georgia J. Anetzberger. Springfield, Il: Charles C. Thomas, 1987.

The author undertakes a task of filling a gap in the family violence literature-a study of the etiology of elder abuse in which the perpetrators, the filial caregivers, are the subjects of the study. The small sample size limits the ability to generalize from the findings, but the value of the book is in the questions it raises, not in the questions it answers.

"Factors Relating to the Anxiety Level of Middle-Aged Adult Children in Relationship with Their Aged Parents," Katherine A. Leavitt. Dissertation Abstracts International, 47/2B:816, August 1986.

The purpose of this study is to identify factors which relate to the anxiety level of middle-aged adult children in regard to their relationships with their aged parents. Results indicate that variables significantly related to anxiety include: perceived status of mother's success as a parent, personal feelings about one's own aging, number of times mother was hospitalized, number of times father was hospitalized, subject being only child, expectations that life would change if a parent moved in with the subject, and perceived status of father's physical health.

"How Adult Children Respond to Role Transitions in the Lives of Their Aging Parents," Valerie L. Remnet. Educational Gerontology, 13(4):341-355, 1987.

The following parental role transitions are identified: divorce, grandparenthood, retirement, and widowhood. The adult children identify the need for information on communication skills, normal and abnormal aging, and available community resources. Subjects clearly prefer obtaining information through regular meetings of professional organizations and social service clubs, journals and magazines, and television and radio for ease of fit into their busy schedules.

"Marital Disruption and Adult Children's Perception of Their Siblings' Help to Elderly Parents," Victor G. Cicirelli. Family Relations, 33(4):613-621, October 1984.

In a field study, adult children from maritally disrupted situations and also from intact marriages are asked about their own and their siblings' help to parents. Adult children in maritally disrupted situations give about the same amount of help as siblings, while those with intact marriages give more help than siblings. The rise in the frequency of marital disruption makes well planned sibling-shared helping more important.

"Measuring the Communication of Social Support From Adult Children," Alfred Dean, Bohdan Kolody, and Patricia Wood. Journal of Gerontology, 44(2):S71-S79, March 1989.

This article reports results of an attempt to measure social supports provided by adult children to their elderly parents. The development of this measure and its assessment are designed to address several limitations of existing measures.

"Mid/Late Life Generation Gap: Adult Children With Aging Parents," Jane E. Myers. Journal of Counseling and Development, 66(7):331-335, March 1988.

Family crises such as institutionalization and death can create disruptions in older parent-adult child relationships. Most families manage to adjust. A variety of strategies for families in which hostile and negative feelings threaten the happiness of one or both generations are discussed.

"The Not-So-Empty-Nest: The Return of the Fledgling Adult," Audra W. Clemens and Leland J. Axelson. Family Relations, 34(2):259-264, April 1985.

This study indicates that adult children are returning home in increasing numbers because of unemployment and financial need. More subtle factors such as dependence, protection needs, and parental happiness appear to be involved in long-term stays in the parental household.

"On the Relationships of Adult Daughters to Their Mothers," Rosalind C. Barnett. Journal of Geriatric Psychiatry, 21(1):37-72, 1988.

Presented at a scientific meeting of the Boston Society for Gerontologic Psychiatry, this article maintains that the quality of adult daughters' and their mothers' relationship has greater impact on the well-being of the adult child than it has on the elderly parent. The author states that more adequate understanding of the importance of sons as well as daughters' relationships with their elderly mothers is needed because of increased longevity, prevalence of chronic diseases, smaller families and concern about men's nurturance.

"The Presence of Adult Children: A Source of Stress for Elderly Couples' Marriages?," J. Jill Suitor and Karl Pillemer. Journal of Marriage and the Family, 49(4):717-725, November 1987.

In this study, data analysis indicates that the presence of adult children has no effect on elderly parents' marital conflict, even when age, educational attainment, health, and gender are controlled. An analysis of data on respondents sharing a residence with an adult child shows that marital conflict is strongly related to the frequency of parent-child conflict.

"Provision of Care to Old Parents: Division of Responsibility Among Adult Children," S.H. Matthews. Research on Aging, 9(1):45-60, March 1987.

The following contributions can be drawn from this exploratory research: (1) structural characteristics of families affect the way responsibility is divided; (2) affectional solidarity is not related consistently to the division of responsibility for any of the types of help examined; (3) there is no relationship between the way responsibility is divided and perceptions of how adequately either the physical or emotional needs of parents are being met; and (4) the members of the same family do not share perceptions of how responsibility is divided in their families.

"Socially Mobile Daughters and Sons of the Elderly: Mobility Effects within the Family Revisited," Stephen Kulis. Journal of Marriage and the Family, 49(2):421-433, May 1987.

This study examines the effects of intergenerational occupational mobility on relationships between elderly parents and their adult children. One consistent finding is that, with one exception, mobility influences feelings and perceptions but not behavior. Mobility is unrelated to visiting and the level of household assistance provided by children to older parents. The one behavioral exception--the diminished involvement of downwardly mobile sons in social interactions with their parents--may reflect the parents' desire to be or to appear to be less involved with the child. The enhanced affection of downwardly mobile sons for their parents may follow from their attachment to parents for a sense of preserved status in the face of a socioeconomic slide.

AGING PARENTS

The increased aging of parents that has created an enormous database of information in gerontology is the impetus for the existence of many organizations and programs throughout the country. The majority of the articles reviewed look at the topic of aging parents from the perspective of the family because the family provides much of the support to older parents in America today.

The articles revolve around the theme of understanding and assisting aging parents in the context of today's family life, family relationships, and roles and responsibilities. The contributions of older persons to family life are highlighted.

SELECTED BIBLIOGRAPHY

Aging and the Family, Stephen J. Bahr and Evan T. Peterson. Lexington, Massachusetts: D.C. Heath and Company, 1989.

The authors of this book examines aging from a family perspective. They assess the current state of knowledge and present new data in the areas of transitions, family relationships, health, and economic well-being.

"Aging-Fathers' and Aging-Mothers' Perceptions of Relationships With Their Adult-Children." Dissertation Abstracts International, 48(01):223-224, July 1987.

Relationships between healthy aging-fathers and aging-mothers and their offspring are investigated. In the findings, it was indicated that parents talk about relationships with their child along four dimensions: gender of child; physical/psychological presence; functional solidarity; and temporal orientation. Parents report experiencing considerable stress when their children have problems. Negative parent-child relationships are characterized by poor communication and low levels of intimacy. There are gender differences in how aging-parents relate to their adult children.

"Aging Parents and Adult Children: Research Themes in Intergenerational Relations," Jay A. Mancini and Rosemary Blieszner. Journal of Marriage and the Family, 51(2):275-290, May 1989.

Dominant themes concerning relationships of older parents and

their adult children are discussed. Roles and responsibilities, parent-child interaction (contact patterns, exchange, assistance, support), individual well-being, relationship quality, and caregiving by adult children are included.

"Aging Parents as Family Resources," Jan S. Greenberg and Marion Becker. The Gerontologist, 28(6):786-791, 1988.

The extent to which aging parents experience stress when problems arise in the lives of their adult children and the ways in which parents serve as resources to their children are studied. According to the results, mothers experience significant stress as a result of their adult children's problems, whereas fathers experience it indirectly through their wives. Parents are actively involved in helping adult children cope, especially when the situation involves the loss of a family member.

"Building Family Strengths," Nick Stinnett, Barbara Chesser and John DeFain. Lincoln, Nebraska: University of Nebraska Press, 1987.

A couple of articles in this book relate to aging parents. In "Enjoying Your Aging Parents," the author suggests that greater knowledge between generations can be a key to building family strengths. Readers are challenged to think about the kind of personal relationship that exists with parents. Another article, "Relationship Quality of Older Parents and Their Offspring," reveals that the quality of parent-child relationships is positively related to life satisfaction for older parents. Consequently, educational programs to strengthen the quality of parent-offspring relationships in later life are encouraged.

"Differential Respite Needs of Aging Parents of Individuals with Mental Retardation," Victoria DeFilippo Lutzer and Timothy H. Brubaker. Mental Retardation, 26(1):13-15, February 1988.

In the results of this study, it was indicated that parents of persons with mental retardation differ in their need for types of respite care according to age. Parents over age 56 report less need for respite services, parent cooperative sitting arrangements, and training for family members.

"Family Contributions of Older Persons," Gregory F. Sanders. Activities, Adaptation and Aging, 11(1):53-60, 1988.

The researcher investigates contributions of the elderly to their

family and related demographic factors. In his findings, it was indicated that the most typical contribution is financial assistance which does not differ by age. Those who give financial help, companionship, help with worries, and gifts have received more education than those who do not give in these areas. Occupational prestige is related only to financial help.

"Financial Assistance from Elderly Retirement-Age Sons to Their Aging Parents," Karen Seccombe. Research on Aging, 10(1):102-118, March 1988.

The author of this study explores the extent and predictors of financial support made by retirement-age sons to their parents who are members of the oldest-old cohort. From a sample of males, aged 65 and over, 13% report making a financial contribution to the support of an aging parent. Frequency of intergenerational interaction is found to be a predictor of parental support.

"Motivators and Inhibitors of Attitudes of Filial Obligation Toward Aging Parents," Nancy J. Finley, M. Diane Roberts and Benjamin F. Banahan. The Gerontologist, 28(1) 73-78, 1988.

The authors of this study found that the feeling of obligation is not simply a product of affection. The degree of obligation is also explained by structural and demographic factors such as distance and role conflict. Filial obligation varies according to parent type (mother, father, mother-in-law, father-in-law) and gender of the adult child.

"Parental Aging: Clinical Issues in Adult Psychotherapy," Sharon B. Shaw. Social Casework: The Journal of Contemporary Social Work, 68(7):406-412, 1987.

In this article, family systems, developmental theories, and knowledge about the aging process are integrated in a discussion of the impact of aging parents on adult family members. Professionals need to be sensitive to conflicts experienced by adult children of aging parents.

Parenting Across the Life Span: Biosocial Dimensions, Jane B. Lancaster, Jeanne Altmann, Alice S. Rossi and Lonnie R. Sherrod (eds.). New York, NY: Aldenide Gruyter, 1987.

The authors of this book examine parenthood as a lifelong commitment, how it changes over time, and the impact of changes on parental and child's behavior. Chapters related to aging

parents include: "Parent-Child Relations in Later Life," and "Parenting, Grandparenting and Intergenerational Continuity."

"The Quality of Relationships Between Elderly Parents and Their Out-of-Town Children," Miriam S. Moss, Sidney Z. Moss and Elizabeth L. Moles. The Gerontologist, 25(2):134-140, 1985.

Geographic distance often plays a role in the quality of parent-child relationships. The authors of this article review research findings, present exploratory analyses of two research projects, and organize key concepts regarding the relationship of the distant child and elderly parents. Considerable evidence indicates that a broad normative bond persists over distance, as both parent and child are involved in family structure, associations, affections, values, and functional exchanges in maintaining a family bond.

"Reunion Between Elderly Parents and Distance Children," Miriam S. Moss and Sidney Z. Moss. American Behavioral Scientist, 31(6):654-668, July/August 1988.

Several basic themes in reunion-stability and change, autonomy and dependence, and wanting and fearing are explored in this publication to shed additional light on the quality of the relationship in the elderly parent-adult child dyad. Four major themes intrinsic to the bond emerge: continuity, stress, link to the family, and separation. The authors suggest that the more one learns about the structure, content, and quality of reunions, the more one can understand parent-child relationships.

"Role Reversal of the Elderly: Intervention and Prevention," Donald G. Sukosky. Family Life Educator, 6(1):14-17, Fall 1987.

The focus of this article if on role reversal--one form of subtle elder abuse. The author provides: an overview of the concept; a look at the subtle manner in which it occurs; its implications for family functioning; and resources for addressing the problem through family life education. Educators can perform a valuable service by helping people understand that most forms of role reversal may be minimized or prevented.

"Sibling Support and Older Widows' Well-being," Shirley L. O'Bryant. Journal of Marriage and the Family, 50(1):173-183, February 1988.

Interview data are collected to investigate the effects of

sibling characteristics on widows' receipt of help and on their psychological well-being. Results reveal that sibling support is contingent upon children's proximity and siblings' gender, marital status, and proximity.

"A Study of Middle-Aged Adults and Their Aging Parents in a Suburban Community," Audrey Peck Harris. Dissertation Abstracts International, 36/08/B:3859, 1975.

Relationships between the structure of families headed by middle-aged adults and decisions they make regarding their aged parents are examined. Major findings follow: (1) large full nest families plan on bringing the aged into the household whereas small empty nest families plan on institutionalization; (2) families of all types generally do not plan to assist their aged financially; (3) there is a strong relationship between planning to institutionalize and financially assisting when the middle-aged family lives far away from the aged, and (4) most families do discuss, plan, and involve themselves in future activities for aged parents.

"System Characteristics of the Middle-Aged Family and Its Activities on Behalf of Aging Parents. Dissertation Abstracts International, 41/04-A:1796, 1980.

In this study, the author describes the middle-aged family as a support system for its aging parents and compares its characteristics as a system to the amount of help given, willingness to help, and plans regarding future living arrangements. The sample is nonrepresentative and findings cannot be generalized to the entire population, but for the sample studied, the middle-aged family is a viable but limited source of support for its aged. The quality of the relationship between aging parents and offspring is a significant factor and it needs further study.

FAMILY CAREGIVING

Family caregiving remains a central part of adult children's perceptions of their responsibility to older parents. The reality of caregiving situations can involve a considerable amount of stress for caregivers and their families. Additionally, it may not contribute necessarily to an increased quality of life for the elder.

Research indicates that when contracts between parents and adult children revolve around completing only routine tasks rather than spending quality time together, the level of parent morale is generally lower and the level of agitation and loneliness is higher. When parents and children make a concerted effort to spend quality time together, older parents feel better about the situation and are more content with their lives. The situation is much more positive for the adult children, as well.

This grouping of articles focuses on issues and concerns related to elder caregiving from a family viewpoint.

SELECTED BIBLIOGRAPHY

"Adult Daughters and Parent Care: A Comparison of One-, Two- and Three-Generation Households," E.M. Brody, M.H. Kleban, C. Hoffman and C.B. Schoonover. Home Health Care Services Quarterly, 9(4):19-45, 1988.

This research compares the effects of parent-care associated with three living arrangements of elderly widowed mothers who are helped by married daughters. Results indicate that daughters whose mothers live separately report the fewest negative effects of caregiving and the mothers are the most cognitively and functionally capable. Daughters in two-generation households provide the most care. These mothers are the oldest and most impaired. Daughters in three-generation households report more negative mental and emotional effects of care. Unique problems of caregiving in such households are discussed.

Adult Day Care-A Practical Guidebook and Manual, Lenore A. Tate and Cynthia M. Brennan. New York, NY: The Haworth Press, 1988.

Written for long-term care providers and gerontology students, this publication provides information regarding: (1) history, definition, and concept of adult day care, (2) models of care, (3) scope of activities, and (4) state and national policy development. A manual with forms and reports necessary for daily operations of adult day care programs is included. This monograph

is written to promote and enhance adult day care as an essential link in long-term care.

"Adult Day Care: Correlates of Its Coping Effects for Families of an Elderly Disabled Member," Shirley L. Zimmerman. Family Relations, 1986, 35(2):305-311, April 1986.

This study demonstrated that the use of adult day care enables family members to better attend to both the disabled person's and the caregiver's needs. It also helps to improve family relationships.

The Burdens of Parent Care: A Critical Evaluation of Recent Findings, Sarah H. Matthews. Journal of Aging Studies, 1988, 2(2):157-166, 1988.

The research literature on parent-care reveals that adult children who care for parents are likely to be more disadvantaged with respect to social, physical, and financial resources than the general population. The author feels that the interpretation of research findings is more pessimistic than justified.

"Caregiving within Kinship Systems: Is Affection Really Necessary?," William H. Jarrett. The Gerontologist, 25(1):5-10, 1985.

The author contends that one task of gerontology is to teach potential caregivers that the "affection myth" is not a necessary condition for caregiving. An attitude of positive concern and kinship obligation for older relatives is the motive on which family help needs to rest.

"Care Planning: Case Manager Assessment of Elders' Welfare and Caregivers' Capacity," Karen Seccombe, Rosemary Ryan, and Carol D. Austin. Family Relations, 36(2):171-175, April 1987.

This research examines conditions under which managers in public long-term care programs believe that family and friends can assume responsibility for the long-term care of the elderly. Among five broad dimensions in care plan development, the size of the caregiving responsibility is rated the highest in importance in assessing family responsibility.

"Care-Related Stress: A Comparison of Spouse and Adult-Child Caregivers in Shared and Separate Households," Gary T. Deimling, David M. Bass, Aloen L. Townsend, and Linda S. Noelker. Journal of Aging and Health, 1(1):67-82, February 1989.

The role that relationship and household arrangement have in relation to levels of care-related stress experienced by spouse and adult-child caregivers in shared and separate residences is examined. Results indicate that spouse and adult children in shared households experience similar levels of care-related strain. A comparison of adult children in shared and separate households show that those in shared households have significantly greater activity restriction but less relationship strain.

"Comparing the Depression of Elders in Two Types of Caregiving Arrangements," Ruth E. Dunkle. Family Relations, 34(2):235-240, April 1985.

This paper compares elders living in two types of caregiving households and explores the elder's level of depression in each setting. Results of this study make it clear that even when the elder is cared for by a family member, the caregiving arrangement can be hazardous to the elder's mental health, if exchange is not encouraged. When elders are able to make a noneconomic contribution to the household in both types of caregiving households, they are less likely to be depressed.

"Conflict, Emotion, and Personal Strain Among Family Caregivers," Nancy W. Sheehan and Paul Nuttall. Family Relations, 37(1):92-98, January 1988.

This research examines the influence of interpersonal conflict, affection, and distress caused by dependency and caregiving satisfactions on caregiver strain and negative emotion. Results show that interpersonal conflict in the relationship between the elder and the caregiver is the major factor in predicting both caregiver strain and negative emotion.

"Coping With Caregiving: Denial and Avoidance in Middle Aged Caregivers," Gloria Yvonne Golden. Dissertation Abstracts International, 44/09B:2915, 1982.

This dissertation is concerned with data analysis of cases in which middle-aged persons are coping with health problems of parents, their spouse or themselves. Three coping styles-confrontation, avoidance, and denial--are described. Confronters differ from avoiders and deniers in their ability to express

strong negative emotions, such as anger, to themselves and others, and in the skill with which they seek and use social support. Adult children and spouses feel a strong sense of obligation, guilt, resentment or anger, and loss. Adult children fear living to be old-old and acquiring the parent's illness.

"Correlates of Subjective Burden Among Adult Sons and Daughters Caring for Aged Parents," Clifton E. Barber. Journal of Aging Studies, 2(2):133-144, 1988.

This article describes a study of the correlates of subjective burden with the following independent variables: sociodemographic characteristics of the caregiver, cognitive coping strategies, social support, the extent to which adult children prepared for when parents would need care, and aspects of the adult child-elderly parent relationship. Daughters report higher levels of burden than sons. Most measures of social support and attempts to plan and prepare for caregiving are not correlated with feelings of burden. Involvement in caregiving tasks and certain coping strategies are predictive of subjective burden. Gender differences are observed with caregiving tasks and coping strategies.

"Daughters Caring for Mothers: The Experience of Caring and its Implications for Professional Helpers." Jane Lewis and Barbara Meredith. Ageing and Society, 8(1):1-21, 1988.

This study is based on interviews with 41 daughters in Great Britain who care for their mothers on a co-resident basis. It finds that the experience of caring reflects both the commitment to caring and the kinds of problems the carer experiences in dealing with day-to-day situations. Caregivers often experience: loneliness, loss of purpose, difficulty in "picking up the pieces", residual bitterness about behavior of kin, lack of services and financial help, lost opportunities, and anxiety about their own old age.

Duty Bound-Elder Abuse and Family Care, Suzanne K. Steinmetz. Newberry Park, CA: Sage Publications, 1988.

This is an in-depth resource on stress and elder abuse. Chapters include: "The Other Side of The Mountain," "A Historical Overview," "Parenting Your Parent: A Contemporary Analysis of the Problem," "Is It Worth the Effort?: The Impact of Stress on Caregivers and Their Families," and "Patterns, Perceptions and Predictions." A questionnaire on caring for an elderly parent is included in Appendix A.

"Effectiveness of Family Support Group Involvement in Adult Day Care," Peggye Dilworth-Anderson. Family Relations, 36(1):78-81, January 1987.

Support group meetings for adult children who care for older relatives are conducted at two adult day care centers. Eight sessions, 2 hours each, focus on: identifying and addressing problems common to the caregivers, providing information on the aging process, and advising caregivers about available resources. Caregivers benefit more when administrators and staff are involved and also when there is high and consistent attendance of participants. This paper provides guidelines on conducting support groups for caregivers.

Employers and Eldercare: A New Benefit Coming of Age, Bureau of National Affairs, Inc. Washington, DC: The Bureau, 1988. (National Report on Work and Family, Special Report No. 3).

Summarizing major surveys, reports, and studies in the field of corporate eldercare, this report discusses the kinds of assistance employers are providing to employees who are caring for dependent older adults. Case studies of six companies that offer eldercare benefits are included.

The Family Caregiver: Lifeline to the Frail Patient, J. Neil Henderson and Eric Pfeiffer (eds.). Tampa, Fla.: Sun Coast Gerontology Center, University of South Florida Medical Center. 1987.

This manual focuses on ways caregivers can be better trained and supported. It is suggested that "Care of the Caregiver" programs be established to provide: information on the caregiver role, specific illnesses, community resources, and emotional support for the family caregiver. Curricula for family caregiver training and the respite care worker, and prevention and treatment of psychological problems of the caregiver are presented.

"Family Caregivers: America's Primary Long-Term Care Resource," Lynn Osterkamp. Aging, (358):2-5, 1988.

The lead article in this special issue on family caregiving emphasizes the primary importance of informal family support and care. The impact of caregiving on lives of caregivers is analyzed. Other relevant articles include: "Helping Caregivers Care," "The Corporate Response to the Working Caregiver," and "Experience Exchange: Treating Stress in Caregiving Families."

"Family Dynamics for Caregivers: An Educational Model," Donna P. Couper and Nancy W. Sheehan. Family Relations, 36(2):181-186, April 1987.

This paper reviews the literature on primary caregivers and describes an educational model on family dynamics for adult children caregivers. Educational programs that focus on the potential stress and types of support required within the family are needed for caregivers.

"Family Help to the Elderly: Perceptions of Sons-in-Law Regarding Parent Care," Morton H. Kleban, Elaine M. Brody, Claire B. Schoonover, and Christine Hoffman. Journal of Marriage and the Family, 51(2):303-312, May 1989.

This article examines consequences of parent care reported by husbands of women who are the principal caregivers of elderly disabled mothers. It compares men's perceptions of caregiving situations with those of wives. Many husbands report personal effects of parent care often cited by principal caregivers. Those sharing households with their mothers-in-law are more likely to report consequences such as interference with social lives, family vacation plans, time with wives and children, and relationships with other relatives. Husbands and wives generally disagree on the extent to which relationships in the family are affected by caregiving but agree about the occurrence of the more objectively apparent lifestyle disruptions.

"Future Outlook, Caregiving and Care-Receiving in the Family Context," William Rakowski and Noreen M. Clark. The Gerontologist, 25(6):618-623, 1985.

The study examines the concept of future time perspective in the context of family giving and receiving of assistance. Data illustrate that difficult caregiving situations can be associated with a less positive future outlook for both family members and impaired elders. Two crucial elements include family communication and the importance of maintaining a future orientation.

"Home Care for Elderly Persons: Linkages Between Formal and Informal Caregivers," Linda S. Noelker and David M. Bass. Journal of Gerontology, 44(2):S63-S70, March 1989.

An investigation of how chronically impaired or frail elders use kin caregivers and formal service providers to meet personal and home health care needs was undertaken. Data indicate that a large portion of households do not use formal services. Caregiver

gender and relationship to the care recipient, as well as care-related activity restrictions were important in determining the kind of help provided by service providers and primary caregivers.

"Intergenerational Caregiving: Adult Caregivers and Their Aging Parents," Barbara J. Bowers. Advances in Nursing Science, 9(2):20-31, 1987.

A new theory of intergenerational caregiving is generated. Five conceptually distinct, overlapping categories are identified as: anticipatory caregiving, preventive caregiving, supervisory caregiving, instrumental caregiving, and protective caregiving. Three strategies for protective caregiving are provided.

"Measure of Filial Anxiety Regarding Anticipated Care of Elderly Parents," Victor G. Cicirelli. The Gerontologist, 28(4):478-482, August 1988.

The author develops an instrument to measure filial anxiety that could become a useful research tool in studying the adult child's caregiving behavior. It is possible that moderate levels of filial anxiety can lead to a stronger motivation for caregiving, whereas high levels of anxiety can lead to avoidance of caregiving responsibilities.

A National Dissemination and Replication of the Volunteer Information Provider Program: A Strategy to Reach and Empower Rural Caregivers, Burton P. Halpert. University of Missouri Office Research Administration, University of Missouri-Kansas City, Kansas City, Missouri, 1989.

A Volunteer Information Provider Program (VIPP), created and demonstrated in rural Missouri, was replicated in 20 states, 1986-1988. VIPP was created to empower rural caregivers of frail and impaired elderly through information sharing and knowledge acquisition. As a result of the VIPP, caregivers reported less stress and greater comfort in the caregiving role. Cases of delayed institutionalization were reported in eight states and one case of elder abuse was resolved. In addition, VIPs experienced heightened self-esteem and greater self-confidence in dealing with personal aging problems.

"Parent Care and Geographically Distant Children," Claire B. Schoonover, Elaine M. Brody, Christine Hoffman and Morton H. Kleban. Research on Aging, 10(4):472-492, 1988.

This research is concerned with geographically distant adult children whose female siblings are primary caregivers for elderly widowed mothers. Female distant siblings are more likely than males to express guilt, strain, and other emotional effects as a result of the mother's situation, in addition to specific intersibling tensions related to the mother's care. This study illuminates the enduring bonds between elderly parents and distant children, in addition to the nature of the problems of these offspring.

"Parent Care as a Normative Family Stress," Elaine M. Brody. The Gerontologist, 25(1):19-29, 1985.

The author asserts that parent care is a normative and stressful experience. A hypothesis is projected that helps to explain the myth that adult children do not take care of their elderly parents.

"Patterns of Parent-Care When Adult Daughters Work and When They Do Not," Elaine M. Brody and Claire B. Schoonover. The Gerontologist, 26(4):372-381, 1986.

This paper approaches the issue of women who participate in the labor force and the effects on parent care. It describes the caregiving patterns evident in a study in which half of the caregiving daughters worked and half did not. Results indicate that workers provide less personal care and cooking than nonworkers Differences were offset by purchased help.

"Problems and Coping Strategies of Elderly Spouse Caregivers," Amanda S. Barusch. The Gerontologist, 28(5):677-685, 1988.

Interviews are conducted with 89 spouse caregivers to identify problem situations which strain abilities, and coping techniques which prove effective. Findings reveal that caregivers prefer to manage the situation on their own.

"Satisfaction, Communication and Affection in Caregiving: A View From the Elder's Perspective," Ruth J. Parsons, Enid O. Cox, and Priscilla J. Kimboko. Journal of Gerontological Social Work, 13(3/4):9-20, 1989.

Multigenerational caregiving is becoming a prevalent way of caring for moderately to severely impaired elders. Handling the stress created in these arrangements can depend on the relationship between elder and caregiver. This study examines components of such relationships and focuses on caregiving as experienced by the elder receiving care.

"Shared Filial Responsibility: The Family as the Primary Caregiver," Sarah H. Matthews and Tena Tarler Rosner. Journal of Marriage and the Family, 50(1):185-195, February 1988.

How adult siblings organize to meet the needs of their older parents is explored in this research. Five participation styles are identified as: (1) routine, (2) backup, (3) circumscribed, (4) sporadic, and (5) dissociation. In the majority of the research families, there are at least two siblings who are routinely involved with the older parent.

"Sons and Daughters as Caregivers to Older Parents: Differences in Role Performance and Consequences," Amy Horowitz. The Gerontologist, 25(6):612-617, 1985.

This study of adult children who are primary caregivers to an older frail parent indicates that sons tend to become caregivers only in the absence of an available female sibling. They are more likely to rely on the support of their spouses, provide less overall help to their parents, and tend to have less stressful caregiving experiences, independent of their involvement. The author calls for a stronger partnership between formal and family networks to adequately meet the needs of the aged.

"Special Section: The Home Front, Strategies to Assist Patients, Support Providers and Assess Ethics of Home Care," Health Progress, 69(11):38-62, 1988.

Most of this issue is devoted to home care. Special articles include: "Team Approach Enables Frail Elderly to Stay Home," Collaboration Needed to Bolster Home Care," and "They Are Not Alone: Lending support to Family Care Givers."

"Subjective Burden of Husbands and Wives as Caregivers: A Longitudinal Study," Steven H. Zarit, Pamela A. Todd and Judy M. Zarit. The Gerontologist, 26(3):260-266, 1986.

A two year follow-up study is conducted with a sample of husbands and wives who are caregivers for a spouse with senile dementia. Factors affecting the course of caregiving are identified. Results indicate that subsequent nursing home placement is more strongly associated with caregivers' perceived burden than with severity of dementia. One major implication is that carefully planned interventions may effectively relieve some of the burden experienced by caregivers. Programs that may have considerable impact on subjective burden focus on: coping with everyday problems, providing opportunities for respite, and giving special attention to early interventions.

"Theories of Family Labor as Applied to Gender Differences in Caregiving for Elderly Parents," Nancy J. Finley. Journal of Marriage and the Family, 51(1):79-86, February 1989.

Caregiving to elderly parents is a type of family division of labor. This study investigates four hypotheses of family labor: time-available, socialization/ideological, external-resources, and specialization-of-tasks. Data reveal that these theories of gender differences are inadequate in explaining family caregiving for the elderly. The author addresses the structural nature of the lack of contributions of males to family caregiving and feels that very little behavioral change will occur in caregiving by sons until societal evaluations of men's contributions change.

"Use of Informal In-Home Care by Rural Elders," Janette K. Newhouse and William J. McAuley. Family Relations, 36(4):456-460, October 1987.

This study examines the use of in-home services by older rural people who receive assistance exclusively from informal sources. Suggestions are made regarding how to preserve and enhance the existing informal caregiving structure in rural areas in addition to identifying which elders might be targeted for services.

"Who Nurtures the Nurturer?", Ruth I. Harmelink. Journal of Extension, 25:18-20, Summer 1987.

The author interviews farm women to identify sources of stress and to consider how the Cooperative Extension Service can help meet their needs. Demands of aging parents are identified as one source of stress. A conclusion drawn is that the nurturing role

is important, but it needs to be balanced and shared with other family members.

"Worker Views of the Intensity of Affective Expression During the Delivery of Home Care Services for the Elderly," Lenard W. Kaye. Home Health Care Services Quarterly, 7(2):41-53, Summer 1986.

This study provides evidence that even the most basic types of home-delivered services are colored by client expectations for affective/emotional forms of aid. Emotional demands and counseling requests are dominant delivery problems. The provision of home care requires a balance between instrumental and affective orientation.

"Work Status and Parent Care: A Comparison of Four Groups of Women," Elaine M. Brody, Morton H. Kleban, Pauline T. Johnsen, Christine Hoffman and Claire B. Schoonover. The Gerontologist, 27(2):201-208, 1987.

Four daughter caregiving groups are compared: traditional homemakers, those who quit jobs to help their mothers, the "conflicted" workers who reduce their working hours or consider quitting, and those who are gainfully employed. Conflicted workers and women who quit work have the most impaired mothers, and they also experience more disruptions and caregiving strain. Data underline the vulnerability of women to potential conflict between work and parent care.

FAMILY SUPPORT NETWORKS

Research conclusions on family support networks indicate that family social and psychological support may be the most important help families can provide seniors. However, one family member cannot do it alone. There needs to be an extended-type of family network that involves several generations, whenever possible.

One clear finding is that older persons who receive help also need to reciprocate in some way. The inability to reciprocate has a negative effect on morale of the elderly.

SELECTED BIBLIOGRAPHY

"Black/White Family Comparisons in Helping and Decision-Making Networks of Impaired Elderly," Virginia L. Smerglia, Gary T. Deimling, and Charles M. Barresi. Family Relations, 37(3):305-309, July 1988.

The author examines similarities and differences between white and black aged persons concerning the availability of nuclear kin, and the composition of their helping and decision-making networks. Implications are indicated in the following three findings: (1) Similarities exist in helping and decision-making networks for blacks and whites. (2) Impaired white elderly are more involved in decisions regarding their care than are blacks. (3) Professionals are mostly uninvolved in the helping and decision-making networks of blacks and whites.

"Exchange Patterns in the Informal Support Networks of the Elderly: The Impact of Reciprocity on Morale," Eleanor Palo Stroller. Journal of Marriage and the Family, 47(2):335-342, May 1985.

Patterns of exchange of assistance within the informal helping networks of the elderly are examined. It is indicated in the results that most elders are involved in some type of exchange, although the proportion reporting no exchange increases as one moves from children to other relatives to friends or neighbors. Older persons who receive help usually reciprocate in some way. It is suggested that the inability to reciprocate rather than the need for assistance has a greater negative effect on morale.

"The Extended Family as a Source of Support to Elderly Blacks," Robert Joseph Taylor, The Gerontologist, 25(5):488-495, 1985.

The impact of family and demographic factors on the frequency of support from family members is examined among a sample of blacks, 55 years of age and over. The researcher found that income, education, region, degree of family interaction, proximity of relatives, and having adult children are determinants of frequency of support. It is indicated in the findings that black elderly are active participants in family networks. Elderly respondents report significant levels of interaction with family, relatively close residential proximity to immediate family, extensive familial affective bonds, and a high degree of satisfaction derived from family life.

"Informal Supports of Older Adults: A Rural-Urban Comparison," Jean Pearson Scott and Karen A. Roberto. Family Relations, 36(4):444-449, October 1987.

These authors compare a rural and an urban sample of older adults on exchanges of assistance and social activities with children and friends. Illness prompts more giving and receiving of assistance for rural older adults in comparison with urban informal supports. Rural widows are more actively engaged in exchanges of assistance with friend networks than urban widows. Activities with friends are characterized by instrumental as well as social qualities in the rural sample. Implications for family professionals are discussed.

Mutual Help Groups--Organization and Development, Phyllis R. Silverman. Beverly Hills, CA: Sage, 1980.

This book is for professionals who are considering setting up a mutual help group. In recent years, more people are recognizing the value of getting together with other people with whom they share a problem or situation. Through a mutual help experience, people are discovering positive ways of coping with crises in their lives.

"Neighbors' Support of Older Widows Who Live Alone in Their Own Homes," Shirley L. O'Bryant. The Gerontologist, 25(3):305-310, 1985.

Recent older widows who live alone are a vulnerable group who need both social and instrumental support. In this study, the author compares neighbor support given to widows categorized into three groups--those who have one or more children in the same city, those who have children who live elsewhere, and those who

are childless. Although childless widows need greater support, they do not receive it at a significantly higher level. Neighborhood interactions and the receipt of neighbor support are affected by both previous lifestyles and present circumstances of older widows.

"Older Persons' Perceptions of the Quality of Their Human Support Systems," Peggy Hawley and John D. Chamley." Ageing and Society, 6:195-312, 1986.

Elders identify and evaluate the important people in their lives. Highest scores were given to friends, lowest to neighbors. Grandchildren do not appear to play a central role in the lives of these elders. Characteristics which typified good relationships were reciprocity, trustworthiness, friendliness and responsibility.

"Parental and Filial Relationships: Obligation, Support and Abuse," Susan K. Steinmetz. In Family and Support Systems Across the Life Span, Susan K. Steinmetz (ed.). New York, NY: Plenum, 1988, 165-182.

The myth and reality of parent-child obligations and their fulfillment over the life cycle and over time are explored in this chapter. The author feels that our expectation to provide care for our elderly kin is embedded in traditions and surrounded by myths. As our society becomes more complex, and demands of multiple roles increase, we may find that the family will need to obtain additional societal supports to fulfill the expressive role of family support.

Social Support Networks and the Care of the Elderly, William J. Sauer and Raymond T. Coward. New York, NY: Springer Publishing Company, 1985.

Special sections in the book include state of the art, family relations, community relations, social networks under special circumstances, and the applications of theory and research. It is a collection of readings that focus on the role of social support networks in maintaining the social, psychological, and physical well-being of elderly Americans.

"Social Supports in Relation to Physical Health and Symptoms of Depression in the Elderly," Igor Grant, Thomas L. Patterson and Joel Yager. American Journal of Psychiatry, 145(10):1254-1258, October 1988.

Impoverishment of the social support network has been related to poor health. It has also been suggested that effective social networks buffer effects of stress, decrease psychological distress, and help maintain well-being. Authors examine the relationship of social supports to physical and psychological well-being of elders. Subjects with more symptoms of depression report having fewer emotionally satisfying consistent supports from relatives, but those who had physical illnesses reported more supports from relatives.

"Support Networks and Health-related Change in the Elderly: Theory-based Nursing Strategies," Gretchen Crawford. Family Community Health, 10(2):39-48, 1987.

In this article, the author focuses on strategies to promote the health of the elderly in order to prevent costly institutional care. Sections include: health-promotion activities; support networks and social support; the operation of social support; changes and strategies to enhance social support; and the implementation of support network strategies. Support network members may provide information and advice about possible alternatives, and membership in the network provides a climate where people feel safe in making changes. In instances where clients' health, needs, and abilities permit, building reciprocal relationships may be useful to increasing morale and self-esteem.

"Use of Informal and Formal Support Networks by Rural Elderly Poor," Jean Pearson Scott and Karen A. Roberto. The Gerontologist, 25(6):624-630, 1985.

The use of informal and formal support networks and the factors associated with their use are studied in order to identify patterns of network involvement. The subjects are older rural adults whose incomes fall below the poverty threshold and a comparative group of older rural adults with higher incomes. It is indicated in the results that formal service use among the poor group is limited to situations of extreme need. There is evidence that when formal services are used, they are used in conjunction with support from children and friends. Use of these services does not take the place of informal assistance.

GRANDPARENTING

The role and significance of grandparenting in today's society is investigated in this section. Although a variety of experiences exist, most grandparents find the role to be significant and emotionally fulfilling. Most grandparents want to be included as an integral part of the primary family. They believe in not interfering with family functions and childrearing practices.

Grandparents can enhance greatly the quality of life of their grandchildren. Their influence can be direct and profound.

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"Active and Latent Functions of Grandparenting During the Divorce Process," Colleen Leahy Johnson. The Gerontologist, 28(2):185-191, 1988.

Longitudinal data on the role of grandmothers during the divorce process of their children are reported. Most women provide major assistance, but younger grandmothers are more actively involved. Paternal grandmothers show the greatest decline in assistance over time. Grandmothers prefer to provide social and recreational supports on a voluntary basis and avoid assuming parental functions.

"Age and Sex Differences in Perceptions of Grandparenting," Jeanne L. Thomas. Journal of Gerontology, 41(3):417-423, 1986.

Age and sex differences in grandparenting satisfaction and in perceived grandparenting responsibilities were investigated. Results indicate that relatively young grandparents express greater responsibility to offer childrearing advice, regardless of grandchildren's ages. Grandfather endorsed relatively high levels of responsibility for grandchildren's care and for offering childrearing advice, regardless of the number of grandchildren or of the grandchildren's ages. Grandmothers expressed relatively high levels of satisfaction with grandparenting, regardless of grandchildren's ages.

"Becoming a Grandparent," Sarah Cunningham-Burley. Aging and Society, 6(4):453-470, December 1986.

This study explores the meaning and significance of becoming a grandparent. Sections include why grandparenthood has been a neglected area of research, the process of becoming a

grandparent, the meaning and significance of being a grandparent, and problems involved in studying grandparenthood.

"Contemporary Grandparenthood: A Systemic Transition," Jetse Sprey and Sarah H. Matthews. Annuals of the American Academy of Political and Social Science, 464: 91-103, November 1982.

Meaning associated with grandparenthood comes from outside the boundaries of the original nuclear family through alliances initiated and produced by offspring. Ages of both parenting and grandparenting are important variables affecting transition. From a systems perspective, the grandparent-grandchild bond is initially mediated by parents. With time, the bond becomes more direct.

"Demographic Change and the Life Course: Some Emerging Trends in the Family Realm," Gunhild O. Hagestad. Family Relations, 37 (4):405-410, October 1988.

This article cites evidence that grandparents serve important stabilizing functions in the wider family system and provide a wide range of support to children and grandchildren in times of crisis. Grandparents bolster their children in the parent role through encouragement and emotional support.

Family Strengths, Nick Stinnett. Lincoln, Nebraska: University of Nebraska Press, 1980.

This book contains a study, "Young Children's Perceptions of Grandmother" in which the author recommends viewing grandparenthood as a part of a group process which involves interaction between three or four generations. Professionals and family members can foster the development of a network of supportive bonds to increase enjoyment between generations and to strengthen family life in general.

"The Grandparent/Grandchild Relationship: Family Resource in an Era of Voluntary Bonds," Chrystal C. Ramirez Barranti. Family Relations, 34(3):343-352, July 1985.

A study of the grandparent/grandchild relationship relative to the older adult, the middle generation, and the grandchild is reported. The role of grandparents as a potential family resource is discussed, and implications for family life programming are suggested.

Grandparenthood, Vern Bengtson and Joan F. Robertson (eds.). Beverly Hills, CA: Sage Publications, 1985.

This is a collection of articles by sociologists and other researchers who have made important contributions to the knowledge base on grandparenting. Four themes are dominant throughout the book: (1) grandparenthood as a symbolic role; (2) diversity in grandparental experiences; (3) divorce and grandparental relationships and, (4) the "new social contract" which divests grandparents of strong ties with their families. Several articles refer to the importance of grandparents and their role as family watchdog/gatekeeper. Some even say the "decline" of American families is due to lack of effective grandparenting.

"Grandparenthood, Life Review, and Psychosocial Development," Helen Q. Kivnick. Journal of Gerontological Social Work, 12(3-4):63-81, 1988.

This document describes grandparenthood in terms of five dimensions: (1) centrality, (2) valued elder, (3) immortality through clan, (4) reinvolvement with personal past, and (5) indulgence. Grandparenthood stimulates the process of life review, which in turn, facilitates psychosocial integration.

"Grandparents: A Study of Their Role in Hispanic Families," Emily Israel Raphael. Physical and Occupational Therapy in Geriatrics, 6(3/4):31-62, 1988.

This report of a pilot project describes the role and activities of grandparents in a lower income New York City Hispanic community. Three parts of the study include a comparison of Hispanic and Caucasian grandparents, an exploration of models from gerontological and grandparenthood literature, and a discussion of the therapeutic potential of grandparenting activities.

"Grandparents' Visitation Rights: Hearing on S. Con. Res. 40", U.S. Congress, Senate Committee on the Judiciary, Subcommittee on Separation of Power, Washington, D.C., 1984.

A congressional hearing of the United States Senate in the ninety-eighth congress is documented. The idea that a uniform state act be developed and adopted which provides grandparents with adequate rights to petition state courts for privileges to visit their grandchildren following dissolution of the marriage of the grandchildren's parents.

"The Influence of Grandparents on Grandchildren: A Review of the Literature and Resources," Thomas E. Denham and Craig W. Smith. Family Relations, 38:345-350, 1989.

Increasing interest is being directed toward the role of grandparents and their influence on children's development and welfare. The authors provide a review of the literature and resources which may be used by family life educators and counselors to help grandparents enhance relationships with their grandchildren. The symbolic, indirect, and direct influences of grandparents and the impact of grandparental influence on children are discussed.

"Intergenerational Families," Lenora Isaacs. The Journal of Aging and Judaism, 2(2):84-93, Winter 1987.

This presentation was given at a conference entitled, "The Synagogue Confronts the Jewish Family of the 21st Century". It includes small group discussion questions that were used. Topics include what it means to be a grandparent, and a couple of different characterizations of grandparenting styles.

Jewish Grandparenting and the Intergenerational Connection: Summary of Proceedings, Yehuda Rosenman and Gladys Rosen. New York, NY: The American Jewish Committee, 1984.

Research findings presented at the reported conference emphasize that increased longevity has made grandparenting a mass experience with implications for an aging Jewish community. Summaries of individual presentations help sensitize the American Jewish community to the vital importance of the intergenerational connection that can lead to the establishment of a communal network for sharing ideas and programs that will benefit grandparents, parents and grandchildren.

"Meaning and Significance of Great-Grandparenthood," Kenneth J. Doka and Mary Ellen Mertz. The Gerontologist, 28(2):192-197, 1988.

Most grandparents who are interviewed about the meaning and significance of great-grandparenthood find the role to be significant and emotionally fulfilling. It provides a sense of personal and family renewal, diversion, and a mark of longevity. Two styles of great-grandparenthood are identified, remote and close. The experiences of great-grandparenthood are quite similar to grandparenthood.

"The Meaning of Grandparents' Day Cards: An Analysis of the Intergenerational Network," Roberta R. Greene and Jirina S. Polivka. Family Relations, 34(2):221-225, April 1985.

Content analysis of a sample of 110 Grandparents' Day cards is reported. A physical portrayal of grandparents seems to be avoided. Instead, cards project grandparents as benign, non-powerful figures. Joyous themes and superlatives are typically used. Cards do not tend to express personal commitment.

The New American Grandparent: A Place in the Family, A Life Apart. Andrew J. Cherlin and Frank F. Furstenberg, Jr. New York, NY: Basic Books, 1986.

Two leading sociologists examine the role of grandparents in contemporary American society. Major themes woven throughout the book include the desire by grandparents for "a place in the family and a life apart," and the "norm of noninterference."

"Older Women's Perceptions of Great-Grandmotherhood: A Research Note," Gloria J. Wentowski. The Gerontologist, 25(6):593-596, 1985.

The anthropological study examines whether great-grandmotherhood is a kinship role with new content or whether the role of grandmother serves as a model. Results indicate that subjects model their behavior on their earlier role of grandmother, but advanced age and lack of geographic proximity restrict their ability to carry it out in the same way. Great-grandmothers feel removed from the fourth generation. The women think of themselves first as mothers and grandmothers, and second as great-grandmothers.

"Perceived Changes in Grandmother-Grandchild Relations Following a Child's Separation or Divorce," James W. Gladstone. The Gerontologist, 28(1):66-72, 1988.

An investigation of grandmothers' interaction with grandchildren, pre-and post-marital breakdown, is reported. The study reveals that contact between grandmothers and their grandchildren increases following divorce. Participating in commercial recreation, providing babysitting, teaching family history and tradition increases as well. Personal advice given to grandchildren also increases following the disruption of the child's marriage. With rising rates of marriage breakdown, answers to the questions raised in this study take on special meaning.

"Stepgrandparents and Grandparents: The View from Young Adults," Gregory F. Sanders and Debra W. Trygstad. Family Relations, 38(1):71-75, January 1989.

Young adult college students describe their relationship with either their stepgrandparent or grandparent. Between-group comparisons are made regarding the: amount of contact; satisfaction and importance of contact; social and personal roles; expected behaviors; family strengths; and parental influence.

"The Transition to Grandparenthood: Unexplored Issues," Gunhild O. Hagestad and Mary E. Lang. Journal of Family Issues, 7(2):115-130, June 1986.

This article describes how recent demographic change has affected the prevalence, timing, and sequencing of the transition to grandparenthood on a societal level. It reviews the literature on entry into grandparenthood and identifies the unexplored issues related to the personal and interpersonal significance of the transition.

"The Use of the Elderly As Surrogate Parents: A Clinical Perspective," Journal of Gerontological Social Work, 3(1):3-15, Fall 1980.

The role of grandparent is considered from a clinical perspective. Data support the literature which indicates that grandparenting styles are idiosyncratic and that the grandparent role is valued according to how the personal needs of grandparents are fulfilled.

HUMOR IN LATER LIFE

As the vast number of research articles were read and annotated, it became quite clear that a bit of levity was needed to provide a psychological break in and amongst all the emotion-laden topics in the gerontological literature. A sense of humor is one of the most important characteristics for people to possess in this process called aging.

Humor is important in life. It is vital for people to cultivate a sense of humor that can help them cope with stressful situations.

In general, the literature on this topic is scare. However, it does appear in the discussions related to Alzheimer's patients, and also in attitudes about aging as reflected in jokes and birthday cards.

SELECTED BIBLIOGRAPHY

"Age Differences in Humor Comprehension and Appreciation in Old Age," Aron H. Schaier and Victor G. Cicirelli. Journal of Gerontology, 31(5):577-582, September 1976.

This article describes a study which extends the psychological investigation of humor to the elderly. Subjects between age 50 and 70 are tested on their appreciation and comprehension of 12 conservation and 12 nonconservation jokes. Results indicate that appreciation increases with age and comprehension decreases with age for both kinds of jokes. The older subjects tend to understand the jokes less well, but think they are funnier. The appreciation of a joke depends on a match between an individual's ability level and the cognitive demand of the joke.

"Attitudes Toward Aging Portrayed By Birthday Cards," Kathleen M. Dillon and Barbara Spiess Jones. International Journal of Aging and Human Development, 13(1):79-84, 1981.

In this article, contemporary attitudes toward the aged are inferred from an analysis of birthday greeting cards which are divided into six thematic categories. Overall, the attitudes appear to be negative, supporting previous studies that analyzed attitudes toward the aged found in joke anthologies. The question raised is whether this kind of humor is being used defensively to counteract age anxiety by exaggerating age-related deficits to create a psychological distance, or whether, in fact, it reflects a healthy adaptation to a difficult truth.

"Attitudes Toward Old Age and Aging as Shown by Humor," Leland J. Davies. The Gerontologist, 17(3)220-225, 1977.

This study of attitudes toward aging, old age, and death reveals negative attitudes to specific subjects in general and toward women in particular. This article discusses concepts of humor and the need for intervention at the personal and organizational levels to eradicate negative stereotype of aging. It is essential to stress positive aspects of humor about aging and old age.

"The Caring Role of the Nurse in the Application of Humor Therapy to the Patient Experiencing Helplessness," Wendy Chusid Raber. Clinical Gerontologist, 7(1):3-11, Fall 1987.

This paper examines humor therapy as a nursing modality for patients experiencing helplessness. The author believes that while humor is unconsciously used widely in nursing, it is important to focus attention to the conscious therapeutic use of humor. This will inject some levity into illness and hospitalization, which is often overwhelmingly serious with inescapable drama for both patients and staff.

"The Foolishness and Wisdom of Age: Attitudes Toward the Elderly as Reflected in Jokes," Joseph Richman. Gerontologist, 17(3):210-219, June 1977.

One hundred jokes about the aged were compared with 160 jokes about children. Data indicate that jokes convey a negative attitude toward the elderly and the next generation. Old age is presented in an ambivalent manner. In contrast, jokes present a positive attitude toward children.

Humor and Aging, Lucille Nahemow, Kathleen A. McCluskey-Fawcett, and Paul E. McGhee. Orlando, FL: Academic Press, Inc., 1986.

This book presents a comprehensive study of humor and aging. An underlying idea is that humor is important in facing life and coping with aging. The authors divide the book into the following sections: theory, perspectives, death and dying, and brief empirical studies of humor across the life span.

"Humor and the Alzheimer's Patient: The Psychological Basis," Janette P. Adasiak. The American Journal of Alzheimer's Care and Related Disorders & Research, July-August 1989, 18-21.

Persons suffering from Alzheimer's disease still have some

capacity to appreciate and respond to humor. This article shows that humor can have positive behavioral conditioning effects as a by-product, and that an understanding of normal cognitive development across the life span is useful in selecting humor that will be effective with impaired clients. The author observed various uses of humor by the staff of an adult day care center and offers suggestions for caregivers based on these observations.

"Humor and Healing: Therapeutic Effects in Geriatrics," Heather Williams. Gerontion, 1(3):14-17, May-June 1986.

The author discusses the theoretical base of humor, humor and physiological effects, humor and psychological effects, humor in communication, and implications for caregivers. The author suggests that humor is beneficial to healing, and that professionals need to use its attributes in a therapeutic way. Caregivers and patients can benefit from a continuing exploration of definitions, theories, interventions, and the evaluation of humor as a therapeutic tool for healing in a humanistic way.

"Humor and Health," Jean Langley Sullivan and Donna M. Deane. Journal of Gerontological Nursing, 14(1):20-24, 1988.

The authors provide three key points. Since institutionalized elders both exhibit and benefit from humor, healthcare professionals can facilitate humor experiences for the elderly. Annotated observations of humor initiated and experienced by the elderly provide structure for analyzing and facilitating humor interventions. Observations are categorized according to Raskin's humor themes: cognitive-perceptual, social-behavioral, and psychoanalytical. Using humor as a planned nursing intervention requires the nurse to develop a personal sense of humor as well as recognize the appropriate strategies for facilitating humor in others.

"Humor and the Older Adult: Implications for Nursing", Jolene M. Simon. Journal of Advanced Nursing, 13:441-446, 1988.

This correlational descriptive study examines the relationship between the uses of humor and health outcomes as measured by perceived health, life satisfaction, and morale in older adults. The findings reveal significant positive relationships between situational humor and perceived health, and situational humor and morale. Furthermore, there was a significant negative relationship between coping humor and perceived health. These findings suggest that humor may be one phenomenon which influences the older person's perception of perceived health,

life satisfaction and morale. It may assist in successful aging. These preliminary findings support the need for further research with a larger sample.

"Humor: Assessment and Intervention", Jean P. Ruxton, and Maureen P. Hester. International Journal of Aging and Human Development, 25(1):13-21, 1987.

This paper describes a research project which assesses humor and suggests strategies for adding humor to work, home, and interpersonal relationships. It addresses the value involved for clinicians and their clients.

Humor: The Tonic You Can Afford: A Handbook on Ways of Using Humor in Long Term Care, Maxine Ewers, et al. Los Angeles, CA: Ethel Percy Andrus Gerontology Center, University of Southern California, 1983.

This is a compilation of ideas and guidelines that was developed by volunteers in a demonstration project, "Life Enrichment Through Humor In Long Term Care Facilities". The booklet was developed for persons who work with older adults who can no longer maintain their independence. Despite limitations, promoting or rediscovering a sense of humor can generate a renewed enjoyment of the later years.

Older and Wiser: Wit, Wisdom, and Spirited Advice from the Older Generation, Eric W. Johnson. New York, NY: Walker and Company, 1986.

The main purpose of this practical book is to share bits and larger pieces of wit and wisdom of elders on what "old" means; on intelligence, health, doctors, nurses, families, friends, and neighbors; on where to live, how to work and retire; on sexuality, religion, dying, death--and mainly, life. The ideas, the humorous stories, practical suggestions, occasional verses, and gemlike bits will amuse and enlighten anyone of any age. To the younger generation, it will provide some boons, a few warnings, and some advice, tactful and not so tactful.

"Response to Cartoons and Attitudes Toward Aging," Alice Sheppard. Journal of Gerontology, 36(1):122-126, 1981.

This study examines the relationship between responses to cartoons and attitudes toward aging among college-aged students. Four categories of cartoons on aging are identified:

disparagement, ineffectuality, obsolescence, and isolation. No significant relationships are found between attitudes and humor appreciation.

"Selected Aspects of Humorous Interaction among Elderly Participants and Staff Caregivers in Community Based Health Support Programs of The Adult Day Care Type," Georgia Linton Stevens. Dissertation Abstracts International, 47(09):3708-B, March 1987.

This study explores the daily humorous interaction of the elderly and staff in adult day care. The comic aspects of humorous interaction, functions served, intent of participants, and significance to the participants are analyzed. Humor seems to enhance the personal and interpersonal interactions.

"Thalia Meets Tithonus: Gerontological Wit and Humor in Literature," D.G. Kehl. The Gerontologist, 25(5):539-544, October 1985.

The author identifies nine forms of gerontological humor in literature from classical times to the present. Each form involves some type of incongruity: the foibles of age, expressions of what it means to grow old, relativity of age, physical and mental decline, social relationships, youth and age, black humor, and the shattering of old age stereotypes. The ability to laugh at foibles and limitations enables one to survive and prevail.

"The Therapeutic Value of Humor in Aging Adults," Jolene M. Simon, Journal of Gerontological Nursing, 14(8):8-13, August 1988.

The article discusses humor in the older adult and methods for incorporating humor into nursing practice with older adults. It suggests that humor is an appropriate strategy to promote with older adults in both community and long-term settings and that nurses need to consider humor as a communication tool to reduce tension and break barriers. Humor and laughter are also valuable in physical health, specifically in relation to the prevention of heart disease and other stress-related conditions.

"When You Care Enough: An Analysis of Attitudes Toward Aging in Humorous Birthday Cards," Vasilikie Demos and Ann Jache. The Gerontologist, 21(2), 1981.

Authors analyze 195 age-related, humorous birthday card messages and find that aging is portrayed more negatively than positively. Substantive analyses reveal that most of the cards focus upon themes having to do with physical and mental characteristics, age concealment, age boundaries, and aging as a process sui generis.

INTERGENERATIONAL RELATIONSHIPS

This collection of articles is designed to help provide an understanding of the attitudes, relationships and roles that exist between generations in a family. The articles also provide information on designing and implementing intergenerational programs and public policies.

SELECTED BIBLIOGRAPHY: ATTITUDES

"Changing Attitudes Toward the Elderly: The Impact of Three Methods of Attitude Change," Sheila Murphy-Russell, Ann H. Die and James L. Walker, Jr. Educational Gerontology, 12(3):241-251, 1986.

This study is designed to investigate ways of changing attitudes about the elderly in a positive direction. Three techniques are considered individually, and the three combined are assessed to explore the value of different kinds of classroom instruction. The total workshop series is successful in changing attitudes toward the elderly. Direct experience with an elderly couple is the most effective technique used.

"College Students' Attitudes Toward Elderly Sexual Behavior: Implications for Family Life Education," Clara C. Pratt and Vicki L. Schmall. Family Relations, 38(2):137-141, 1989.

College students evaluate eight sexual behaviors or situations in which the age of a person and relationship to the student varies. Results indicate that as emotional closeness to an elderly relative increases, acceptance of several sexual behaviors of the elderly decreases. This finding supports the concern that family members need to recognize the role that sexuality plays in the lives of elders.

"The Effects of Preschoolers' Visits to a Nursing Home," Carol Seefeldt. The Gerontologist, 27(2):228-232, 1987.

Attitudes of preschool children who visit infirm elders in a nursing home setting once a week for one full year are compared with a group of children without this contact. After the visits, preschoolers hold more negative attitudes toward their own aging and the elderly. However, the day care and nursing home staffs believe the visits to be of value for the residents. Balance is

suggested when planning intergenerational contact so that children also have contact with competent, active, and able elders.

SELECTED BIBLIOGRAPHY: RELATIONSHIPS

"Adolescents and Their Aging Parents," Arthur Mandelbaum. Bulletin of the Menninger Clinic, 52(3):246-258, 1988.

The author examines struggles and conflicts of an adolescent son and his father. The parents in the case initially feel old and isolated as their children seek their own identity. Unresolved conflicts and trauma from the parents' own adolescent experiences are projected onto a child who wanted more freedom and responsibility. The clash between father and son is ameliorated by reinforcing family strengths. The relationship between family members is modified as the father's repressed mourning and grief are resolved.

"Aging and Intergenerational Relations," Gary R. Lee. Journal of Family Issues, 8(4):448-450, December 1987.

This article focuses on family member support for the elderly. The author suggests that since it has been clearly determined that family members are available and willing to provide support for the elderly, we now need to ask the more difficult questions about the consequences, both manifest and latent, of family support. This may be the most critical issue in the study of intergenerational relations for the next several years.

"Aging Parents and Adult Children: Research Themes in Intergenerational Relations," Jay A. Mancini and Rosemary Blieszner. Journal of Marriage and the Family, 51(May 1989):275-290.

Dominant themes representing the relationships of older parents and their adult children are discussed. Topics pertain to roles and responsibilities, parent-child interaction (contact patterns, exchange, assistance, and support), individual well-being, relationship quality, and caregiving by adult children. These are discussed within the context of societal age structure changes. Speculation on the future of research focuses on the application of theory, the need for studies on conflict, and alternative approaches to family companionship.

"Enduring Ties: Older Adults' Parental Role and Responsibilities," Rosemary Blieszner and Jay A. Mancini. Family Relations, 36(2):176-180, April 1987.

A lifespan perspective addressing generational relationships from the perspective of older adults is provided. Qualitative and quantitative data from independent older adults are used to explore aspects of their parenting role. Expectations of children centered on affection, assistance, respect, responsibility, and open communication. Desired relationships with adult children were characterized by warmth, sharing, affection, and avoidance of direct interference in each others' lives. Family practitioners are encouraged to address issues of planning and decision making around topics such as long-term care, medical intervention, and wills.

Family Interaction and Psychological Well-Being: An Analysis of Older Parent-Adult Child Relationships, Jay A. Mancici, Shirley S. Travis and Robert C. Bianchinotti. Blacksburg, VA: Center for Gerontology, Virginia Polytechnic Institute and State University, June 1985.

This study investigated the relationship between parent-child interaction and psychological well-being of both generations. Results indicate that greater task interaction is associated with more agitation and lower morale for adult children, while greater companionate interaction is associated with less lonely dissatisfaction for older parents. Contact satisfaction is significantly related to interaction and psychological well-being of parents. Health is consistently the most significant predictor of psychological well being of parents.

"Family Issues in Multigenerational Households," Leslie L. Feinauer, Dale A. Lund, and Jean R. Miller. The American Journal of Family Therapy, 15(1):52-61, 1987.

As a result of a study to assess issues faced by multigenerational families, several implications emerged. Areas identified as major factors include dependency, sibling relationships, depression, and demanding and egocentric behavior. Living with elderly parents requires adult children to confront conflict and realities of aging.

"Geographic Distance and Intergenerational Contact: An Empirical Examination of the Relationship," Gail B. Frankel and David J. Dewit. Journal of Aging Studies, 3(2):139-162, 1989.

This study is an assessment of the nature of family relationships between family members who are separated by geographic distance.

"Intergenerational Family Transfers," David J. Cheal. Journal of Marriage and the Family, 45(4):805-813, November 1983.

Conflicting theories exist about the distribution of family resources throughout the life cycle. Several studies indicate that young adults are major beneficiaries of familial transactions. They typically receive more tangible assistance from their parents than they give. The author provides a formal structural model as a focus for further inquiry.

Intergenerational Relationships, Vjenka Garms-Homolova, Erika M. Hoerning and Doris Schaeffer (eds.). Lewiston, NY: C.J. Hogrefe, 1984.

This book represents a major step towards a theoretical conception of intergenerational relationships. It includes various conceptual approaches, themes, methodologies, a multitude of empirical findings, and examines the nature and societal consequences of relations among the generations.

"The Mid/Late Life Generation Gap: Adult Children with Aging Parents," Jane E. Myers. Journal of Counseling and Development, 66(7)331-335, March 1988.

This article takes a look at aging parents and adult children, family demographic changes, mid- and late-life family relationships, and family stress situations and responses. The author provides strategies for intervention and considerations for counselors. The author states that psychosocial and personal needs and concerns can create conflicts between adult children and their aging parents. Conflicts may be amenable to counseling interventions.

"New Views on the Family Life of the Elderly and the Near-Elderly," Joan Aldous. Journal of Marriage and the Family, 49(2):227-234, May 1987.

This article explores intergenerational relations of couples in their early and mid-sixties who are representative of the

increasingly well off, and physically healthy seniors in today's society. As parents, they are involved in associational and functional activities with their adult children that reflect consensus and affective relations. Data suggest that today's "young-old," like their children, are keeping intergenerational ties voluntary rather than obligatory. Parents are selecting family members in greatest need (the single and the divorced with children) for attention. A discussion of rationales for this lifestyle is included.

"Parents of the Baby Boomers: A New Generation of Young-Old." J.A. Giordano. Family Relations, 37(4):411-424, October 1988.

Entering old-age as early as 1990, the next new cohort of young-old will be the parents of today's middle-aged baby boomers. Examination of cohort differences provides a beginning focus on family life in the future. Predictions are offered on the nature of marriage, remarriage, divorce, and the complexity of the family network. Implications are offered to educators, policymakers, practitioners and profit-minded service providers. This new generation of young-old will place unique demands upon society.

"Rural and Urban Elderly: Differences in the Quality of the Parent-Child Relationship," Joyce McDonough Mercier, Lori Paulson, and Earl W. Morris. Family Relations, 37(4):68-72, January 1988.

Differences in quality of relationships between rural and urban older people and their children are examined. Results indicate that for rural parents, living close to the child is the most important contributor to a high quality relationship, followed by having an internal locus of control and low filial expectations. The internalized locus of control is the most important factor of high quality relationships between urban parents and their children. Implications for education are provided.

"Socially Mobile Daughters and Sons of the Elderly: Mobility Effects Within the Family Revisited," Stephen Kulis. Journal of Marriage and the Family, 49(2):421-433, May 1987.

This study examines the effects of intergenerational occupational mobility on relationships between elderly parents and their adult children. Several explanations for observed mobility effects are distinguished and tested: that mobility introduces cultural disparities, status comparisons, or greater residential separation between mobile children and their parents. Data indicate that mobility effects depend on the direction of the

mobility, the gender of the child, the perspective of the reporting generation. Data are limited to feelings and perceptions more than actual overt behavior.

SELECTED BIBLIOGRAPHY: INTERGENERATIONAL PROGRAMMING

"Bridging the Generation Gap: Perspectives on Aging for High School Students--A Vanguard Program," Joan Miksis. Illinois Teacher, 178-181, April 1988.

Intergenerational sharing can be valuable for both teens and the elderly, because they can have much in common. Life-span education is an area where family educators can be pioneers of the future. This article describes a high school curriculum on aging that focuses on: attitudes toward aging, factors affecting aging, demographics, well-being in later life, communication skills, family relationships, and community resources.

"Content Analysis of an Intergenerational Unit on Aging in a Sixth-Grade Classroom," David E. Corbin, Dona M. Kagan, and Josie Metal-Corbin. Educational Gerontology, 13(5):403-410, 1987.

This study evaluates a seven day program that uses discussion, dance and song to bring children older adults from the community and sixth-grade students together. Results suggest that as the program progresses, the students begin to perceive the older participants in active rather than passive terms. The nature of the program, thus, becomes more interactive.

"The Development of an Intergenerational Service-Learning Program at a Nursing Home," Sally Newman, Charles W. Lyons and Roland S.T. Onawola. The Gerontologist, 25(2):130-133, 1985.

A demonstration intergenerational service-learning model is developed to improve the well-being of elderly nursing home residents. The model involves the collaboration of four community agencies and the integration of college students' learning about aging by visiting elderly residents. The one semester social interaction between college students and elderly nursing home residents results in substantial improvements in the residents' psychosocial and physical conditions and in the students' perceptions of aging. There is potential for replication of this program in other communities.

"Elder Campers Helping Others--The ECHO Project: A Unique Intergenerational Model," Carol Sue Hayden. Activities, Adaptation and Aging, 11(1):11-19, 1988.

A growing awareness of problems inherent in today's age-segregated society has resulted in the development of many intergenerational programs which benefit both elders and children. This article describes the ECHO design, an innovative program that places senior volunteers in summer camps. The implementation process and program impact are discussed.

A Guide to Intergenerational Programs, Mary Brugger Murphy. Washington, D.C.: National Association of State Units on Aging, 1984.

This report describes some intergenerational programs and guides the reader interested in program development to experienced program developers, resources and materials.

"Helping At-Risk Youth Through Intergenerational Programming," Catherine Ventura-Merkel and Marc Freedman. Children Today, 17(1):10-13, 1988.

The authors describe programs designed to simultaneously meet the needs of young, old, families, and communities in a cost-effective manner by sharing limited resources. These programs are set up to increase cooperation, interaction, and exchange between any two generations. Most often the focus of such programming is on bringing together youths age 25 and younger and persons age 60 and older. However, many programs also involve the middle generation.

"Intergenerational Geriatric Remotivation: Elders' Perspectives," Sally Hutchinson and Rodman B. Webb. Journal of Cross-Cultural Gerontology, 3(3):273-297, 1988.

This article analyzes and describes elders' responses to a program in which middle-school aged children become "pals" to institutionalized male elders. The program meets twice a week for an entire year.

"Intergenerational Programs: Making Them Work," Carol Seefeldt. Childhood Education, 64(1):14-18, October 1987.

The author presents both negative and positive research findings

about the impact of intergenerational programs. Recommendations for successful programming are provided.

"Intergenerational Programs: A Resource for Community Renewal," Kathlyn Thorp and Laurie Becker. Madison, WI: Wisconsin Positive Youth Development Initiative, Inc., July 1985.

This document provides information on: (a) The Basics: What, Who and Why, (b) Beginning: Issues and Answers, (c) Program Ideas, and (d) Resources. It was developed with support from the C.S. Mott Foundation and focuses on a wide variety of intergenerational programs.

"Perspectives on Intergenerational Initiatives--Past, Present and Future," Carol H. Tice. Children Today, September-October 1985, 6-11.

Programs that bring old and young together in organized ways can be found in all fifty states. A wide range of intergenerational initiatives are taking place in health and human service areas as well as in education. The author provides a listing of programs and suggestions on ways state agencies can systematically develop and support intergenerational service programs.

"Promoting Family Awareness and Intergenerational Exchange: An Informal Life-History Program," Katherine R. Allen. Educational Gerontology, 13(1):43-52, 1987.

The life-history method is well suited for promoting awareness about family history and encouraging intergenerational exchange. This technique enables individuals to discover and examine the people, values, experiences, and patterns that comprise their family heritage. Intergenerational exchange is promoted when younger and older people engage in self disclosure. Revealing personally meaningful information to an interested listener has many beneficial results. Older people review their lives with an empathetic audience, and younger people discover facts and fictions about their families of origin. Two exercises are provided for educators and families interested in genealogy and family history.

SELECTED BIBLIOGRAPHY: PUBLIC POLICY

"Public Policy For An Aging Society: The Case For Proactivism," Barbara A. Gunn. Journal of Home Economics, Fall 1987, 55-70.

The author states the need for home economists to take a proactive role in helping to frame public policy for a future society with an increasing proportion of elderly. The recently improved economic and social status for the elderly is good news for all ages. Now, without sacrificing gains made by the elderly, ways must be found to reduce the poverty rate among our children. Home Economists can do this by supporting public policy decisions that foster cooperation and understanding rather than conflict between generations.

Ties That Bind: The Interdependence of Generations, Eric R. Kingson, Barbara A. Hirshorn and John M. Cornman. Washington, D.C.: Seven Locks Press, 1989.

The challenge of an aging society, family caregiving, social security, research on aging, and public policy are addressed in this book.

LIVING ARRANGEMENTS IN LATER LIFE

This section was designed to help readers better understand some of the family, community, and societal issues related to living arrangements in later life. Older persons prefer to remain geographically close to their children, but not live in the same household. Some of the housing alternatives that allow seniors to remain independent include: shared housing, accessory apartments, Echo housing, and home equity options. Public policy is also included in this section.

SELECTED BIBLIOGRAPHY: GENERAL

Aging at Home--How the Elderly Adjust Their Housing Without Moving, Raymond J. Struyk and Harold M. Katsura. New York, NY: The Hawthorn Press, 1988.

Findings of this research project relate to the causes and incidence of in-home housing adjustments. Four types of adjustments are analyzed: (1) changing the use of rooms; (2) modifying the home to facilitate use by persons with physical impairments; (3) taking in roomers or boarders; and (4) adjusting the amount of repairs and improvements which are undertaken.

A Place to Grow Old, Stephen M. Golant. New York, NY: Columbia University Press, 1984.

This research had two major tasks: first, to describe the extent to which old persons dissimilarly assessed or experienced the consequences of living in their current residential setting; second, to distinguish the differences in their personal characteristics that accounted for their variable environmental responses. The primary motivation of the author is to elucidate the nature and problems of aging and old age. The author questions whether the individual-environmental relationships discovered are really a product of old age or simply a reflection of individual differences typically found among younger populations. Its findings have implications for the formulation of public policies and planning strategies.

"Community Resistance to Planned Housing for the Elderly: Ageism or General Antipathy to Group Housing?," Wiley P. Mangum. The Gerontologist, 28(3):325-329, 1988.

Community resistance to elderly housing is studied through a mail

survey of two suburban communities. All group housing is found to be objectionable but the least objectionable are one-story apartments, shared housing, and multi-story apartments for the elderly, in that order. Antipathy to group housing, in general, is a far more important predictor of antipathy to housing for the elderly than ageism.

"Elderly Persons Living Alone: The Effect of Community Context on Living Arrangements," Lauren J. Krivo and Jan E. Mutchler. Journal of Gerontology, 44(2):S54-S62, 1989.

Many policies are being advanced to deal with the aging population who desire an independent lifestyle. In this study, the authors use the community context to explain intermetropolitan variation in rates of elderly persons who live alone. Three critical community resources influence the rate of living alone: demographic and normative environment, economic affordability, and community social services.

The Environment for Aging, Russell A. Ward, Mark La Gory, and Susan R. Sherman. Tuscaloosa, AL: The University of Alabama Press, 1988.

The research explores the influence of environment, both physical and social, on the lives of older individuals. Several aspects of this environment are highlighted: (1) residential location and neighborhood context, (2) informal networks and social supports, and (3) images of aging as they are reflected in attitudes toward aging.

"Future Living Environments--Forecasts and Issues," Betty Jo White, Mary H. Yearns, Glenda Pifer, and Roberta Null, Journal of Home Economics, 81(1): 4-8, Spring 1989.

A wide variety of housing alternatives will be needed to permit older Americans to live independently as long as physically and financially possible, and to avoid making significant changes in lifestyles or living arrangements. Most of the elderly will choose to "age in place" in their existing home and long-time community. Wide adoption of the universal or lifespan design concept would accommodate life-cycle changes and disabilities without major or expensive modifications.

"Housing for an Aging Society--How Relevant is Age?," Barbara Gunn. Housing and Society, 15(3): 246-253, 1988.

Many older individuals want to remain in their own homes as long as possible. Thus, it makes sense to have their homes "age proof" from the beginning; that is, suitable for their changing needs and capabilities. Research has demonstrated the feasibility of incorporating desirable housing features for individuals with temporary or permanent disabilities into housing for individuals of all ages. This author asks housing specialists to consider the potential benefits of this approach.

"Housing for the Future," Charles Fahey. Journal of Housing for the Elderly, 5(1):3-5, 1988.

Pertinent questions concerning lifestyles and housing of older adults include: Who will bear the economic and psychological burden? How will the formal support system be financed? What is the role of the individual, the family, private insurance, and social insurance? How can neighborhoods be built so persons can live with intergenerational solidarity that involves exchanges of services between the generations? How can caregivers be best supported? The author states that the creation of environments which stimulate persons to live life to the fullest throughout life need to be a principal value guiding the development of housing for the future.

"Intergenerational Transfers: Aging Parents Living with Adult Children and Vice Versa," G. Sundstrom, G. Samuelsson and I. Sjoberg. Zeitschrift fur Gerontologie, 22(2):112-117, 1989.

This study analyzes co-residence patterns between generations in the Nordic countries. Results indicate that never married men, especially those with various handicaps, more often live with their aging parents than do others. Parents remain important for their offspring whether they live together--something that few people want in either generation--or not.

"Interpersonal Understanding in the Elderly: The Influence of Age-Integrated and Age-Segregated Housing," Frances Cohen, David J. Bearison and Charlotte Mullet. Research on Aging, 9(1):79-100, March 1987.

This study examines the effects of self-selected age-segregated and age-integrated housing conditions on levels of interpersonal understanding. The main finding is that subjects from age-integrated housing have higher levels of interpersonal understanding than subjects from age-segregated housing.

New Design for Old: Function, Style and Older People, Eric Midwinter. London: Center for Policy on Ageing, 1988.

Results of a workshop on design for older people are reported. Designers, aging experts, and entrepreneurs discuss the design of products that the aged need and want to purchase. A literature review includes: designs for the elderly, discussions on the need for planning environments, and products which could be used across the life span.

"One-Story Living," David W.E. Smith. American Demographics, 11(6):36-37, 1989.

This article points out that steps are the single most difficult barrier for the elderly to overcome as they desire to maintain independence in their own homes. It is suggested that the housing industry needs to address the idea of single family houses with no stairs as the most appropriate way for elders to remain independent.

Planning Your Retirement Housing, Michael Sumichrast, Ronald G. Shafer, and Marika Sumichrast. Glenview, IL: Scott Foresman and Company, 1984.

This is a survey of special features older people would like in retirement housing. In many respects, features desired by older individuals may also be features desired by younger persons. Examples include more storage, and more convenient storage, and one "great room" that combines dining, family, and living rooms.

"Preferences of Older Adults and Experts for Physical and Architectural Features of Group Living Facilities," Penny L. Brennan, Rudolf H. Moos and Sonne Lemke. The Gerontologist, 28(1):84-90, 1988.

The Physical and Architectural Features Checklist assesses older adults' preferences for physical design characteristics of group living facilities. In this study, congregate apartment and older community residents express similar physical design preferences, but experts prefer more physical features than older adults. The physical design preferences of older adults may help guide planning of group living facilities.

Shared Housing, Leo L. Cram. Columbia,MO: Missouri Gerontology Institute, Missouri Cooperative Extension Service, 1985.

A growing number of older persons are finding that shared housing is a much more desirable alternative than living alone,living with children, living in a senior citizen high rise apartment building, or any other alternatives. The author presents a definition of shared housing along with examples of models. Discussions on what communities can gain from shared housing, steps in launching a community program, and barriers which can impede results are also discussed.

"Six Ways to Age," James Gollub and Harold Javits. American Demographics, 11(6):28-35, 1989.

Six distinct psychographic profiles emerge from results of a survey of 3600 persons aged 55 and older. Individuals have preferences for how they want to live, but, in general, the trend is for "staying in place." Moves into life-care and congregate housing facilities are delayed for as long as possible.

The Social and Built Environment in an Older Society. Committee on an Aging Society. Washington, DC: National Academy Press, 1988.

This book identifies complex societal issues that need attention. Papers include "Social and Physical Environments for the Vulnerable Aged," "Current and Emerging Issues in Housing Environments for the Elderly," "Design Problems in Enhancing Productivity," "Independence in Housing for the Elderly," and "The Relation of Housing and Living Arrangements to the Productivity of Older People."

"Subjective Housing Assessments by the Elderly: A Critical Information Source for Planning and Program Evaluation," Stephen M. Golant. The Gerontologist, 26(2):122-127, 1986.

The author contends that a comprehensive analysis of an older person's housing situation must include both objective and subjective methods. The subjective indicators, unavailable through objective measurement, provide essential insights in effective planning and program evaluation.

Technology and Aging in America, U.S. Congress, Office of Technology Assessment, OTA-BA-264. Washington, DC: Superintendents of Documents, June 1985.

This assessment was requested by the Senate Special Committee on Aging and the House Select Committee on Aging, The study focuses on the functional status of the elderly and ways in which technology can assist them to maintain their independence and enhance their quality of life. Special attention is given to the potential impact of telecommunications in the home and community in promoting self-health care among the elderly. The housing and living environment of the elderly are also discussed. Telecommunications are making the "electronic cottage" a reality, and older persons may be able to take advantage of emerging opportunities for home-based work arrangements.

Understanding Senior Housing, Washington, DC: Consumer Affairs Section, Program Department, American Association of Retired Persons, 1987.

In 1986, AARP was responsible for a nationwide survey of adults age 60 and over. The focus was on housing needs, concerns, and preferences. A task force of researchers, housing providers, and older consumers was convened to discuss AARP's proposed housing survey. This document provides a summary report of this survey. It examined the total aging sample and the subgroups of the population so that differences among these groups could be better understood, and policies and programs could be better targeted to individual needs.

SELECTED BIBLIOGRAPHY: ACCESSORY APARTMENTS

Accessory Apartments, Leo L. Cram. Columbia, MO: Missouri Gerontology Institute, Missouri Cooperative Extension Service, 1987.

An accessory apartment is a self-contained second living unit built into, or attached to, an existing single family dwelling. They are frequently referred to as in-law flats, efficiency apartments, secondary units, or single-family conversions. The author discusses models of accessory apartments, common features of the models, implications for the older home owner, steps in launching an accessory apartment project, and additional sources of information.

Accessory Apartments and Single-Family Housing, Martin Gellen. New Brunswick, NJ: Center for Urban Policy Research, 1985.

This book examines accessory apartment conversions as an emerging trend in American housing. It also assess their potential as an instrument of local and national housing policy.

SELECTED BIBLIOGRAPHY: ECHO HOUSING

ECHO Housing: A Review of Zoning Issues and Other Considerations, Patrick H. Hare and Linda E. Hollis. Washington, DC:American Association of Retired Persons, 1983.

The opportunity for older persons and their families to take advantage of ECHO (Elder Cottage Housing Opportunity) housing, a small detached living unit adjacent to a relative's home, is thwarted in many jurisdictions by zoning. The purpose of this booklet is to educate families and public officials about ECHO housing's potential for responding to the needs of the diverse populations of older persons. ECHO housing's promise lies in the fact that it gives older persons and their families wide latitude in providing safe, and economic housing.

ECHO Housing: Recommended Construction and Installation Standards, Ronald L. Mace and Ruth Hall Phillips. Washington, DC: American Association of Retired Persons, 1984.

This publication is intended for use by manufacturers, lending institutions, elected officials, barrier free advocates, and consumers. It gives manufacturers and builders guidelines for constructing good quality, low cost housing that meets the needs of the users.

Legal Issues in Elder Cottage Housing Opportunity (ECHO): Restrictions on Manufactured Housing, Helen E. Hedges. Washington, DC: American Association of Retired Persons, 1982.

This review is one of a series of resources available to persons concerned with legal issues of innovative living arrangements for older persons. Topics include legal issues in: (1) house sharing and what is a family; (2) accessory apartments: zoning and covenants restricting land to residential uses; and (3) elder cottage housing opportunity: restrictions on manufactured housing.

Proceedings of ECHO Housing in the Ozarks, Leo L. Cram, Norm Flax, and Charles M. Joiner. Columbia, MO: Missouri Gerontology Institute, Missouri Cooperative Extension Service, 1987.

A concentrated one day workshop focused on ECHO housing, one of the new and more promising alternative living arrangements for seniors. The experts who led the workshop expressed much optimism about this housing concept which potentially can meet the needs of many older adults.

SELECTED BIBLIOGRAPHY: HOME EQUITY CONVERSION

Advising Older Homeowners on Home Equity Conversion: A Guide for Attorneys, Kent M. Schimeall and Trudy A. Ernst. Washington, DC: American Association of Retired Persons, 1986.

This manual provides the three most common methods of home equity conversion and raises significant issues related to each method. It is for attorneys who represent the elderly rather than for attorneys who represent lenders or investors.

Home Equity Conversion for the Elderly: An Analysis for Lenders, Maurice Weinrobe. Washington, DC: American Association of Retired Persons, 1986.

This manual provides an introduction to home equity conversion and the types of reverse mortgages available. An analysis of home equity conversion instruments is provided, with risks and uncertainties associated with reverse mortgage lending. The benefits of home equity conversion to the lender and borrower and the future of reverse mortgage lending are discussed.

A Home Equity Conversion Guide for Financial Advisors: The Unique Asset, H. David Raper. Washington, DC: American Association of Retired Persons, 1986.

This manual for financial advisors provides information on: equity conversion: orderly disaccumulation; equity conversion through debt: reverse mortgages; life tenure reverse mortgages; and equity conversion through sale. A section on advising the homeowner is included.

SELECTED BIBLIOGRAPHY: PUBLIC POLICY

Future U.S. Housing Policy: Meeting the Demographic Challenge, Raymond J. Struyk, Margery A. Turner, and Makiko Ueno. Washington, DC: The Urban Institute Press, July 1988.

This paper explores the changes in housing demand and housing problems that are likely to result from the demographic transformation of our society. The ability of existing housing policies to respond to these changes is discussed. The authors predict that, in the decades ahead, demand will increase dramatically for smaller housing units that offer a richer array of ancillary services.

Housing and Aging Society: Issues, Alternatives, and Policy, Robert J. Newcomer, M. Powell Lawton, Thomas O. Byerts, (eds.). New York, NY: Van Nostrand Reinhold Company, 1986.

This book was developed to communicate information about important housing issues across the health, housing, and human service professions. One purpose was to raise the awareness of specialists in the housing field about the changing health and social service milieu. Consequences this change will have across a range of housing types were discussed.

Housing the Aged: Design Directives and Policy Considerations, Victor Regner and Jon Pynoos (eds.). New York, NY: Elsevier Science Publishing Company, Inc., 1987.

This book was designed for architects,planners, developers, and other decisionmakers who are involved in the design and construction of housing for older people. The housing types discussed cover a broad spectrum, from individual dwelling units to institutions. This book is organized into three sections: planned housing that primarily serves the healthy, active elderly; supportive housing that serves moderately-impaired older persons; and housing environments for frail or handicapped older persons.

Policy and a Place to Live, W. Mangum, H. Briggs, and L. Mullins (eds.). Tampa, FL: International Exchange Center on Gerontology, 1983.

This book provides information on current and future housing policy. Public housing is also covered.

PETS AND THE ELDERLY

This collection of articles provides information on the relationships among companion animals, people and health. Animals can be a major source of support, enjoyment and companionship for seniors. Many persons believe that companion animals contribute to the physical as well as psychological well-being of seniors.

There is some evidence to indicate that pets may be beneficial to some people's health. However, additional interdisciplinary research needs to be conducted before generalizations can be made about the medical benefits of pet ownership.

SELECTED BIBLIOGRAPHY

Animals, Aging, and the Aged, Leo K. Bustad. Minneapolis, MN: University of Minnesota Press, 1980.

According to this eminent author, animal studies have played a major role in helping explore the mechanisms underlying the diseases prevalent in the later years. Animal investigations have provided insight into physiological changes with age. In this book, the author discusses another way in which animals can help older persons--as companions for the elderly. Chapter 1 provides a perspective on animals and the ways they have assisted mankind from earliest recorded history. Chapter 2 presents information about what happens to animals as they age and the extent to which changes in animals resemble what happens to people as a result of the aging process. Chapter 3 focuses on knowledge gained from animal studies that can assist old persons and those who provide for the health and well-being of the elderly. In Chapter 4, the author explores the role of companion animals in contributing to the physical and psychological well-being of our aging population. The author's view of the critical issues and needs are summarized in the Afterword.

"Companion Animals and Elderly People: A Challenge for Evaluators of Social Support," Susanne S. Robb and Charles E. Stegman. The Gerontologist, 23(3):277-282, June 1983.

It is not known if the psychological, social, or physical health of people improves because they associate with companion animals. This comparative study measured selected health-related effects of companion-animals on humans. The sample consisted of elderly veterans who did and did not live with pets. No significant differences were observed. Researchers seeking to document the benefits of pets on humans have a number of

exploratory/descriptive studies to conduct before more controlled investigations can be justified. Sufficient benefits must still be demonstrated before legislative changes, which allow pets in certain settings, are made.

"Companion Animals and the Elderly," Carole E. Fudin. Veterinary Technician. 8(1):34-48, January/February 1987.

The authors provide information on characteristics of the elderly, physical changes in old age, emotions in old age, and what companion animals mean to the elderly. It is suggested that pets enhance physical well-being, meet many psychological needs, and help satisfy many social needs. The reasons for an older person to obtain a pet are listed. Guiding pet selection for the elderly and recommendations for working with elderly clients are presented.

"Companion Animals and the Elderly: A State-of-the-Art Summary," Cindy C. Wilson and F. Ellen Netting. Journal of the American Veterinary Medical Association, 183(12):1425-1429, December 15, 1983.

The human/animal relationship exhibited by the elderly and their pets has limitations as well as potentials. The functions of a pet as a companion and social facilitator in pet-facilitated psychotherapy include: serving as a cotherapist for facilitation of rapport; providing companionship; substituting for close interpersonal relationships; enhancing the health status of a variety of target groups; increasing opportunity for sensory stimulation; and providing emotional support and a sense of well-being. Available information was limited because few studies have been replicated, data were not validated, and previous studies were restricted mainly to institutionalized or therapeutic environments. Implications for future research include the use of animals for companionship and the promotion of physical, social, and emotional health of the elderly.

"Demographics of Pet Ownership Among U.S. Elderly," Martin B. Marx, Lorann Stallones, and Thomas F. Garrity. Anthrozoos, 1(1), Summer 1987.

A national telephone survey of U.S. elderly, aged 65 and over, provides a comparison of the demographic characteristics of pet owners and non-pet-owners residing in households from 45 states and the District of Columbia. The survey found that those least likely to own pets were single, less educated, of medium socioeconomic status and resided in the northeast and north central United States. Race and income per se were not a factor.

Dynamic Relationships in Practice: Animals in the Helping Professions. Phil Arkow (ed.). Alameda, CA: Latham Foundation, 1984.

This book contains sections on: the human/animal bond and understanding both sides of the bond, programs in action; perspectives; program implementation; and references. Of special interest to gerontologists is Chapter 16: The Nursing Home and the Bond which includes pet policies, animal visitation regulations, and program guidelines.

"Effects of Pet and/or People Visits on Nursing Home Residents," Helen M. Hendy. The International Journal of Aging and Human Development, 25(4):279-292, 1987.

A previous study by the author supported the recently popularized idea that live pet-visits increase desirable behaviors such as smiling and alertness in nursing home residents. It also suggested that people-visits may be even more effective. The present study compared the effects of different visiting programs (people-alone, people-plus-pets, pets-alone and no visit) on the behaviors of nursing home residents (proximity, talking, smiling, ambulation, alertness). All three visiting programs of people-alone, people-plus-pets, and pets-alone increased the behaviors of smiling and alertness in comparison to the control group condition in the nursing home lounge. Close proximity to the person-alone visitor was, however, associated with the greatest number of positive resident behaviors. Future research is suggested to examine the characteristics that make effective pet and person visits for nursing home residents.

"The Elderly's Adjustment to the Loss of a Companion Animal: People-Pet Dependency," Cyrus S. Stewart, John C. Thrush, George S. Paulus and Patrick Hafner. In: Death Studies, 9:383-393, 1985.

The attachment process and the resultant caregiving behaviors are crucial components of an individual's feelings of self-worth. Loss of valued relations and support may adversely affect a person's psychological well-being. When such loss is experienced during the later years of life, the reorientation of attachment needs may become focused on a pet as a source and object of caring. Consequently, the loss of a pet can produce grief and mourning, which are intensified by the lack of supportive networks. The findings of this study reveal that the people-pet bond has a positive influence on attachment needs. The active social lives of the sample do not mitigate the significance that pets play in the elderly's attachment system. The absence of mourning rituals for the death of pets raises significant questions for the professional as to the most appropriate way to

help the bereaved deal with the stress produced by the loss of a companion animal.

"Favorable Attitudes Toward Pets and Happiness Among the Elderly," Cathleen M. Connell and Daniel J. Lago. In: The Pet Connection: Its Influence on Our Health and Quality of Life, Robert K. Anderson, Benjamin L. Hart and Lynette A. Hart (eds.). Minneapolis, MI: The University of Minnesota, 1984.

The study was conducted to determine the effects of pets on the well-being of a sample of community-dwelling elderly. Results indicate that a favorable attitude toward pets contributed more to the perceived happiness of elderly pet owners than several other commonly documented predictors, including a measure of social satisfaction and of the activities of daily living. The direction and magnitude of this effect depends on marital status. Caution should be exercised when attempting to predict the well-being of the elderly, because vast differences emerged between various subgroups of the study. The unique characteristics of the individuals involved need to be taken into account.

Human-Animal Interactions: Historic and Professional Patterns, David C. Anderson. Delta Society Conference, Orlando, FL: September 29-October 1, 1988.

This bibliographic analysis was conducted to assess the historic patterns of research on human-animal interactions and to identify the professions which have contributed research. A list of journal articles was created by searching several databases and by supplementing it with references from several special issues of journals. Data were summarized for each professional research field by year and by journal, permitting an evaluation of the accessibility of each profession's contribution. Veterinary medicine, psychology and nursing were those professions showing strong growth in coverage. The most prolific and still currently published journals are the following: Aging, Applied Animal Behaviour Science, California Veterinarian, Compendium on Continuing Education for the Practicing Veterinarian, The Gerontologist, Journal of the American Veterinary Medical Association, Journal of Gerontological Nursing, Marriage and Family Review, Psychological Reports, Public Health Reports, and Veterinary Clinics of North America.

"The Mascot Model of Human/Companion Animal Interaction: Its Effects on Levels of Loneliness and Depression Among Residents of a Nursing Home," Mark Edward Reed. Dissertation Abstracts International, 47:12-B, Part 1, 5065-B, 1986.

The author analyzed the impact of a mascot model of pet therapy on levels of loneliness and depression among nursing home residents. One implication of the study is that proper pet selection and staff support are essential to the success of any pet therapy project. Empirical support is provided for developing mascot model pet therapy programs in nursing homes where residents' depression and loneliness are a major concern.

"A New Look at Pet-Facilitated Therapy," Alan M. Beck and Aaron Honori Katcher. Journal of the American Veterinary Association, 184(4):414-421, February 15, 1984.

The authors conclude that there is adequate documentation that pets can evoke positive feelings and enthusiasm from some withdrawn, apathetic, and depressed patients. This provides ample justification for the continuation of planned growth of recreational pet visitation programs. However, evidence about the health effects of pet ownership are contradictory. It has been shown that pets can reduce stress under experimental conditions, and there are some subject groups that may experience health benefits from animal ownership. However, there are other populations on which pet ownership may be associated with a decrease in health and morale. The evidence that pets may improve health is strong enough to merit continued investigation. The investigation should focus on the value of the bond between people and pets rather than the presence of animals per se.

NIH Technology Assessment Workshop - Health Benefits of Pets: Summary of Working Group, Robert K. Anderson, Alan M. Beck, Susan M. Clark, Peter G. Kaufmann, Marcia G. Ory, Andrew N. Rowan, Stephen J. Suomi, and Thomas L. Wolfe. Bethesda, MD: National Institutes of Health, September 10-11, 1987.

The Working Group believes it is important to generate an increased awareness of the potential importance of human-animal interaction and involve scientists from a wide variety of fields for interdisciplinary collaborative research. This workshop examined many relationships between companion animals, people, and health, and concentrated on the status of the scientific descriptions of these relationships. The Working Group believes that persuasive evidence was presented to conclude that pets are likely to be medically beneficial to some people's health. However, much is to be learned about the relationships before broad generalizations of medical benefit can be made. The

committee hopes that investigators will heed the recommendations of this report in the design of future studies.

The Pet Connection: Its Influence on Our Health and Quality of Life, Robert K. Anderson, Benjamin L. Hart and Lynette A. Hart. Minneapolis, MN: University of Minnesota, 1984.

The authors include sections on the human-animal bond; its origins, history and background; relationships of the human-animal bond to human development; use of animals to enhance human functioning; and the relationships of pets to family life style and personality factors. Discussions of the effects of the human-animal bond on individuals, in society, and on long term care are also included.

"Pet-Facilitated Therapies: A Review of the Literature and Clinical Implementation Considerations," Clark M. Brickel. Clinical Gerontologist, 5(3/4):309-332, 1986.

The author's comprehensive review describes the range and benefits (physical and psychological) of pet-facilitated therapy, anecdotal and empirical data, and a comparison of therapist-facilitated versus therapist-absent human-pet interactions. Flexibility and practicality in offering hints to practitioners is recommended.

"Pet Ownership: Another Research Note," M. Powell Lawton, Miriam Moss, and Elizabeth Moles. The Gerontologist, 24(2):208-210, April 1984.

Data from a national sample of older people indicate that pet ownership was more frequent in owner-occupied residences in smaller communities where other family, including children, were present. No association between pet ownership and psychological well-being or health was found. However, the author feels that for some people, a pet can be an extremely salient aspect of life.

"Pet Possession and Life Satisfaction in Elderly Women," Marcia G. Ory and Evelyn L. Goldberg. In: New Perspectives on Our Lives With Companion Animals. Aaron Honori Katcher and Alan M. Beck, (eds.), pp 307-317. Philadelphia, PA: University of Pennsylvania Press, 1983.

The basic rationale for examining the importance of pets is that companion animals offer a constant and unquestioning source of

social contact and serve as a catalyst for social interaction. In this study, there was no relationship between the presence of pets in the household and reported happiness. There was a relationship between the qualitative aspects of pet ownership and happiness. Attached pet owners are not different from non-owners, but women who report being unattached to their pets are the most likely to be unhappy. The relationship between pet ownership and happiness is dependent on socioeconomic status (SES). Among those with high SES, pet ownership is associated with greater happiness. Among those of lower SES, however, pet ownership is associated with unhappiness. The authors speculated that the meaning of pet ownership is different for different segments of the population. There is also some evidence that pet interactions vary by racial groups.

Pets and Mental Health, Odean Cusack. Binghamton, NY: The Haworth Press, Inc., 1988.

The author explores recent research and findings on the use of pets in mental health therapy. The historical basis of using pets in therapy is reviewed. Numerous examples show the astonishing results of prescribing pets to disabled, lonely, incarcerated, and institutionalized persons. The author provides evidence of the therapeutic value that animals have in making people happier, healthier and more sociable.

Pets and the Elderly: The Therapeutic Bond, Odean Cusack and Elaine Smith. New York, NY: The Haworth Press, 1984.

The origin of animal-facilitated therapy can be traced to the 18th century when animals were part of the living environment, and patients were encouraged to learn to care for them. There is a growing recognition of the human/animal bond in the scientific and academic community. This book includes chapters on the human/animal bond, implementing animal therapy in the institution, program suggestions, pet visitation programs, therapy dogs in action, and non-canine therapists. Organizations involved in pet therapy and current legislation are included in the appendix.

Pets and the Family, Marvin B. Sussman. Binghamton, NY: The Haworth Press, Inc., 1985.

This major book explores the interactions between pets and their owners and the social and emotional benefits that may be derived by families who have pets. The author sums up state-of-the-art research and findings to provide animal lovers, family health

professionals, and researchers with amazing insights in the complexities of family/pet interactions.

"Pets as Partners of Seniors: An Ideal Role for Cats," Lynette A. Hart and Benjamin L. Hart. In: Companion Animal Practice, 2(1):33-January 1988.

The authors discuss the role of cats as a social bridge with neighbors, affection, constant companionship, and an opportunity to provide responsible care for another individual. Due to the reclusive and depressed lifestyle of many apartment dwellers, the veterinary profession is encouraged to nurture the trend of apartments eliminating regulations prohibiting pets.

"Pets or People: Another Research Note," John Goldmeier. The Gerontologist, 26(2):203-206, April 1986.

Four groups of elderly women who lived alone were compared. Some lived with a companion pet, while others lived without one. Pets made a difference only for those women who lived alone. At best, pets attenuated the sense of loneliness that the women may have felt from the lack of human companionship. In intervention programs with the elderly, the provision of human supports should remain a priority.

"A Review of the Roles of Pet Animals in Psychotherapy and with the Elderly," Clark M. Brickel. International Journal of Aging and Human Development 12(2):119-128, 1980-1981.

A survey of case histories, anecdotal evidence, and pilot studies shows that, as therapeutic adjuncts, pet animals facilitate rapport and otherwise enrich the treatment milieu. Similar evidence shows that pets enhance the lives of their owners in the community. Pet-facilitated psychotherapy can increase social interaction, provide comfort and support, and reinforce feelings of independence. Replication and expansion of existing studies are recommended to further explore how pet animals may enrich the lives of members of psychiatric and geriatric populations.

The Veterinary Clinics of North America: Small Animal Practice. Symposium On The Human-Companion Animal Bond, Jamie Quackenbush and Victoria L. Voith" (eds.). Philadelphia, PA: W.B. Saunders Company, 15(2), 1985.

The authors include discussions on attachment of people to companion animals, the evolution of domestic pets and companion

animals, and cultural attitudes toward pets. Chapters include: people-pet programs that work; pets and the elderly; riding and the handicapped; and the therapeutic use of animals. The death of a pet and how it can affect owners and the role of animals in stress reduction are also included.

PROFESSIONAL JOURNAL

ANTHROZOOS: A Multidisciplinary Journal on the Interactions of People, Animals and Environment. Boston, MA: University Press of New England.

Anthrozoos is a new, wide-ranging multidisciplinary journal dedicated to exploring the nature of interaction between humans, animals, and the environment. By presenting research in this area within a single source, Anthrozoos brings together findings that previously have been inaccessible or scattered among many publications. Edited by a board of internationally recognized scholars and veterinary specialists, Anthrozoos provides a unique focus for a rapidly growing and essential field of study. It is published quarterly for the Delta Society.

SIBLING RELATIONSHIPS IN ADULTHOOD

Sibling relationships are potentially the longest-lasting relationships in most people's lives. They generally last quite a bit longer than parent-child relationships. One reason the topic is critical is because adult children are the major source of psychological support for their older parents. The relationship that exists between siblings in adulthood has a direct impact upon the quality of support that can be provided to older parents.

It is not yet known how certain types of childrearing techniques affect long-term sibling relationships. This topic will be a popular area of focus for students and researchers in the next thirty years.

SELECTED BIBLIOGRAPHY

"Ambivalence in Adult Sibling Relationships," Victoria H. Bedford. Journal of Family Issues, 10(2):211-224, June 1989.

The author sheds light on whether ambivalent characteristics of sibling relationships in childhood persist into the adult years. There seem to be three ways in which people express their feelings toward siblings: ambivalent (i.e., they don't know how they feel), positive, or negative. Women seem to be more aware of their underlying feelings toward sisters than men are toward brothers. Unmarried and childless persons are more actively involved with their siblings than married ones.

"Discriminators of Mutual Helping Behavior Among Older Adults and Their Siblings," Patricia K. Suggs. Journal of Applied Gerontology, 4(2):63-70, 1985.

The author answers an important question--what social support and mutual helping behaviors can be expected from siblings in late life? Data were collected on the mutual helping patterns of rural elderly. Respondents with the highest mutual help exchange: engaged in more activities with siblings, were married, and had educational levels similar to those of their siblings. Types of help most frequently given and received were help during illness and transportation. The study suggests that siblings in later life, while of limited functional importance in the helping network of older adults, provide essential help when needed.

"Feelings of Attachment to Siblings and Well-Being in Later Life," Victor G. Cicirelli. Psychology and Aging, 4(2):211-216, 1989.

The author hypothesized that the well-being of older persons depends on their perception of the closeness of the sibling bond, on their perception of any disruption of that bond, and on the sex combination of the siblings being considered. Subjects were interviewed about their relationships with each of their living siblings. They rated their feelings of closeness, conflict or rivalry, and indifference to the sibling. A measure of depression was used as the indicator of well-being. Closeness of the bond to a sister (by both men and women) was related to less depression. Also, women's perceptions of conflict and indifference in their relationships with sisters were related to increased depression. Findings are interpreted in terms of attachment theory and sex role explanations.

"Generational Solidarity: Conceptual Antecedents and Consequences," Deborah T. Gold. American Behavioral Scientist, 33(1): 19-32, September/October 1989.

Findings of this study addresses the issues surrounding intragenerational relations of older adults. First, questions are raised about constancy and change in late-life sibling relations. Hypotheses about the dynamic nature of these relationships and their specific relational dimensions are developed and tested. Second, the degree of association between sociodemographic variables and sibling relationship characteristics are investigated. Third, a theoretical discussion of a psychosocial construct unique to the late-life sibling relation, termed generational solidarity, is introduced. Suggestions for future research are offered.

"Important Variables in Adult Sibling Relationships: A Qualitative Study," Helgola G. Ross and Joel I. Milgram. In: Sibling Relationships: Their Nature and Significance Across the Lifespan, Michael E. Lamb and Brian Sutton-Smith (eds.) Hillsdale NJ: Lawrence Erlbaum Associates, 1982, 225-249.

Three specific areas are addressed in this exploratory study of adult sibling relationships: perceptions of closeness, sibling rivalry, and critical incidents and their consequences to the relationships. The authors sought answers to the following questions: (1) what does it means to be close to a sibling, and what brings closeness about; (2) why are some siblings closer than others; (3) why are siblings closer at particular times in their lives; (4) do feelings of closeness change through the life span; and (5) how do critical incidents change feelings of closeness and sibling rivalry?

"Relative Contributions of Help by Employed and Nonemployed Sisters to Their Elderly Parents," Sarah H. Matthews, Janet E. Werkner, and Paula J. Delaney. Journal of Gerontology, 44(1):S36-44, 1989.

The author presents a new approach to studying the sibling relationship by looking at their interactions with their parents. The relationship between daughters' employment status and their involvement in the provision of services to elderly parents were examined to assess whether employment status affected perceptions of parents' needs, relative contributions to parents, and relative contributions when parents' health status was poorer. Nonemployed sisters contributed relatively more tangible services than their employed sisters when parents' health status was poorer. Although nonemployed sisters usually took disproportionate responsibility for medical appointments and daytime emergencies and care, employed sisters were expected to contribute in other ways.

"The Role of Siblings as Family Caregivers," Victor G. Cicirelli. In: Social Support Networks and the Care of the Elderly, William J. Sauer and Raymond T. Coward (eds.). New York, NY: Springer Publishing Co., 1985, 93-107.

Perhaps the "grandfather" of sibling researchers, the author suggests that siblings are perhaps the most available, yet most under used source of social and emotional support in the American family. The following questions were investigated in this study: Do most elderly have living siblings? Do elderly have siblings living nearby? What is the quantity and quality of contact with siblings? What types of help do siblings provide each other? What are the antecedents of helping patterns between elderly siblings?

The Sibling Bond, Stephen P. Bank and Michael D. Kahn. New York, NY: Basic Books, 1982.

This book is the first major volume that addresses issues related to the sibling bond. Dealing with the basic nature of a universal family relationship, the book describes dimensions of the bond. The impact of sibling relationships on forging identity and shaping human experience is described. The author acknowledges the interdependence of siblings throughout the life cycle. Illustrations and vignettes from famous and historical personalities are provided.

Note: These authors are psychologically oriented, hence the lack of emphasis on the social aspects of the sibling relationship. Because of the 1982 publication date, some of the more recent research is not represented in this book. However, this book will stand as a prototype of psychological sibling studies.

"Sibling Influence Throughout the Lifespan," Victor G. Cicirelli. In: Sibling Relationships: Their Nature and Significance Across the Lifespan, Michael E. Lamb and Brian Sutton-Smith (eds.). Hillsdale, NJ: Lawrence Erlbaum Associates, 1982, 267-284.

Evidence regarding sibling influence in adulthood and old age is beginning to accumulate. The following are some of the significant conclusions: (1) The relationship is of extremely long duration. (2) Most siblings feel close affectionally to each other. The least closeness is between brothers and the most closeness is between sisters. (3) Overt sibling rivalry appears to diminish in intensity as people get older. (4) Sisters assume a unique and important sibling role over the lifespan.

"Sibling Relationships in Old Age: A Typology," Deborah T. Gold. International Journal of Aging and Human Development, 28(1):37-51, 1989.

This qualitative study examines the different kinds of relationships which exist between siblings in old age and ways in which these meet or ignore the social and psychological needs of older people. Five types of sibling relationships emerged: intimate, congenial, loyal, apathetic, and hostile. Each type has a discrete pattern of instrumental and emotional support, and a different degree of closeness, envy, resentment, approval, and involvement with the sibling. This article also points out that sibling dyads, including at least one sister, fare better in terms of closeness than do dyads of brothers.

Sibling Relationships: Their Nature and Significance Across the Lifespan, Michael E. Lamb and Brian Sutton-Smith (eds.). Hillsdale, NJ: Lawrence Erlbaum Associates, Publishers, 1982.

A review of the existing empirical and theoretical literature concerning the nature and importance of sibling relationships is presented. Authors discuss what is known about factors affecting the development and the intensity of sibling relationships, and their endurance over time. Information on the degree of influence siblings exert on one another--both directly and indirectly through their influence on the attitudes, expectations, and behavior of their parents is included.

Note: This 1982 volume was the first attempt to trace the sibling relationship from childhood through adolescence, adulthood, and old age. More recent research has been built on some of the concepts introduced in this book.

"Siblings and Other Kin," Jean Pearson Scott, In: Family Relationships in Later Life, Timothy H. Brubaker, (ed.). Beverly Hills, CA: Sage Publications, 1983, 47-61.

Using a limited, but representative sample, the author studied characteristics of sibling relationships and other kin and concluded that siblings fit in the support networks of older adults in a way that complements relations with children and grandchildren. One of the author's major contributions to the literature concerns the equitable nature of sibling exchanges. When helping behaviors received by the respondent were compared with helping behaviors given for each category of kin, more respondents were overbenefitted by the child and by the grandchild with whom they had the most contact. The large percentage of siblings with equitable relationships reflect the large number of respondents who were neither providing nor receiving any assistance from the sibling.

Note: Others have found that the inclusion of adult children in any survey of provision of social support may have a suppressor effect on the strength of support provided by siblings.

Siblings in Later Life: A Neglected Relationship, Victoria H. Bedford and Deborah T. Gold. Sage, 1989.

This is the newest book on the subject, an edited volume containing cutting edge research on the sibling relationship in later life. Each of the contributions to the book is a new and meaningful contribution to the literature. It is cross-cultural in that it includes a study from Canada. The issue of the death of a sibling is discussed in an article for perhaps the first time. The book fills a huge research gap in the research literature and provides multiple perspectives from a variety of disciplines in a single volume.

"Siblings in Old Age: Something Special," Deborah T. Gold, Canadian Journal on Aging, 6(3):199-215, 1987.

This article reports the findings of a qualitative study of older adult siblings. The study revealed that most sibling pairs grow closer in later life, and that regardless of the kind of relationship they have, siblings take on a new meaning for each other as they age. Those who had positive relationships with siblings found that interactions decreased feelings of loneliness, provided emotional support and validation of earlier life experiences. Feelings of closeness and sibling solidarity were observed. Siblings who had negative sibling relationships indicated a shift toward more positive feelings in later life.

Siblings: Love, Envy & Understanding, Judy Dunn and Carol Kendrick. Cambridge, MASS: Harvard University Press, 1982.

Focusing on the beginnings of relationships among siblings, this book reports a study of 40 firstborn children living with parents in England. Four concerns that are investigated include: the relationship between mother and first child before and after the sibling's birth; the reaction of the first child to events surrounding the birth; the nature of the relationship that developed between siblings; and patterns of several relationships within the family.

"Young Adult Relationships: Siblings and Friends," Joan Pulakos. The Journal of Psychology, 123(3):237-244, 1989.

This study compared interpersonal relationships of young adults and their closest friend with their closest sibling relationship. Results indicate that the subjects felt closer to their friends than their siblings. Relationships with friends were more positive and less differentiated than with siblings. Topics were discussed more frequently with friends, and most activities involved friends more often than siblings. Females were closer and more involved with both friends and siblings than were males.

Note: This is one of the few articles that concentrates on the sibling relationships of young adults. Unfortunately, the salience of those relationships wanes when siblings are compared to friends. Adolescence and young adulthood are times during which siblings are least close. During this time, they respond to the need to form their identities, complete their educations, marry, and begin their families.

SOURCES OF ADDITIONAL INFORMATION

Typical sources for most geographical areas include the following:

* County Cooperative Extension Service (under county government in telephone directory)

* County adult education department

* Family science, psychology, education, human ecology, home economics or aging department at a state college or university

* Local library

ORGANIZATIONS

Specific agencies, organizations and groups that provide information related to many topics on aging include:

Aging Network Service
Topaz House, Suite 812
4400 East West Highway
Bethesda, MD 20814
(301) 986-1608
(Ask for referrals to a local social worker for assistance with relatives who live at a distance from you.)

American Association of Homes for the Aging
1129 20th Street, NW
Suite 400
Washington, D.C. 20036
(202) 296-5960

American Association of Retired Persons (A.A.R.P.)
1909 K. Street, NW
Washington, D.C. 20049
(202) 872-4700

American Society on Aging
833 Market Street
Suite 516
San Francisco, CA 94130
(415) 543-2617

Children of Aging Parents (CAPS)
2761 Trenton Road
Levittown, PA 19056
(215) 945-6900

Commission on Legal Problems of the Elderly
American Bar Association
1800 M. Street, NW
Washington, D.C. 20036
(202) 331-2297

Companion Bird Society, Inc.
P.O. Box 7088
Lakeland, FL 33807-7088
(813) 644-2473

Delta Society (animals)
P.O. Box 1080
Renton, WA 98057-1080
(206) 226-7357

Foster Grandparent Program
1100 Vermont Avenue, NW
Room 6100
Washington, D.C. 20525
(202) 634-9355

Foundation for Hospice and Homecare
519 C Street, NE
Stanton Park
Washington, D.C. 20002
(202) 547-7424

The Gerontological Society of America
1275 K. Street, NW
Suite 350
Washington, D.C. 20005-4006
(202) 842-1275

Interagency Council on the Homeless
U.S. Department of Housing and Urban Development
Room 10158
451 Seventh Street, SW
Washington, D.C. 20410
(202) 755-1480

National Council on the Aging, Inc.
600 Maryland Avenue, SW
West Wing 100
Washington, D.C. 20024
(202) 479-1200

National Hospice Organization
1901 N. Fort Myer Drive
Suite 902
Arlington, VA 22209
(703) 243-5900
Hospice Help Line: 1-800-658-8898

National Institute of Senior Housing (NISH)
600 Maryland Avenue, SW
West Wing 100
Washington, D.C. 20024
(202) 479-1200

National Institute on Aging Information Center (NIA)
9000 Rockville Pike
Bethesda, MD 20910
(301) 496-4000

Office of Policy Development and Research
U.S. Department of Housing and Urban Development
451 Seventh Street, SW
Washington, D.C. 10410
(202) 755-6600

Shared Housing Resource Center
6344 Green Street
Philadelphia, PA 19144
(215) 848-1220

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The information that appears in this bibliography was peer reviewed and selected according to the following criteria: accuracy, objectivity, and accessibility of information; credibility of the source; balance of viewpoint; clarity; variety; and readability.

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U.S. Department of Agriculture
National Agricultural Library
Beltsville, Maryland 20705

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